

Let's Talk – Wellbeing is a service that provides psychological assessment and treatment for what are known as mild to moderate common mental health problems, which 1 in 4 of us suffer with at some stage in our lives. It is not uncommon to experience changes in moods, stress levels and emotions, especially when there may be pressures and changes going on in your life. Your physical health may also affect your mood and stress levels. Talking with a qualified therapist can provide a chance to help to think through what is going on and develop some ways to help move forward.

Let's Talk – Wellbeing follows NICE guidelines and provides Cognitive Behavioural Therapy (CBT), Counselling, Eye Movement Desensitization and Reprocessing (EMDR) and Interpersonal Psychotherapy (IPT) 'talking treatments'. We also provide self help programmes for mild to moderate mental health problems such as anxiety and depression. Having a chance to talk to someone who is qualified to help can make all the difference.

What will happen once I have referred myself?

As soon as we have your self-referral we will write to you with further information and ask you to telephone the service to arrange a telephone assessment appointment. This appointment will be with a qualified Psychological Therapist. At the end of this telephone assessment you and the Psychological Therapist can agree the next step together. Depending on your individual needs we will make sure you see the most appropriate, qualified person to help you. You will be offered the choice of times, and locations, and will include face to face, telephone or group treatment.

Following your assessment we will write to your GP to inform them of what was agreed at assessment.

If you are aged 16 or over, and are registered with a GP practice in Leicestershire or Rutland, you can refer yourself. If you are not registered with a GP but live in Leicestershire or Rutland, you can still refer yourself and we can advise you on how to register with a GP.

positive
about integrated healthcare

Nottinghamshire Healthcare NHS
NHS Foundation Trust

Self-Referral Leaflet

Primary Care Psychological Therapy Service

Let's Talk-Wellbeing
Healthy thinking across Leicestershire County and Rutland

**Let's Talk – Wellbeing, Bank Court,
Weldon Road, Loughborough,
Leicestershire, LE11 5RF**

Complete the online self-referral form at www.iaptportal.co.uk/ltw.html

Or telephone **0115 876 0157**, to speak to someone who can take your details. As we offer clinics in many places across Leicestershire County and Rutland, please say where you would prefer to be seen.

Or visit our website at:
www.letstalkwellbeing.co.uk

Email enquiries with your name and telephone contact number to letstalklcr@nottshc.nhs.uk We will ring you to discuss your self-referral and take your details.

For this leaflet in large print please contact the service on the number provided.



Self Referral Form

Please provide as much information as you can to help us understand your needs. If you need help completing the form please call us on **0115 876 0157**.

If you are currently experiencing any suicidal thoughts or have intent to harm yourself, including suicide, it is important that you seek an immediate appointment with your GP as this service cannot meet those needs.

Contact details

Full Name: NHS Number:
Title: Marital status: Date of Birth:
Gender: Ethnicity:
Address & Postcode:
.....
Contact Number: Mobile Number:
Email address:

Can we make contact or leave a message via the following methods (tick all that apply)?

On answer machine: SMS Text: Email:

First/preferred language: Is an interpreter required? Yes/No*
Please give details:

GP details. We are required to notify your GP that you are accessing the service.

GP Name and Address:
..... Phone number:

Referral information

Please describe the current difficulties that you would like to address. This will help you start to prepare to make changes and for us to think how best to help you.

What are the current problems you would like to work on?

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What impact do these difficulties have on your life?

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How long have you had these difficulties and how do you feel your problems have come about?

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Primary Care Psychological Therapy Service

Please state the changes you would like to make through therapy and the reasons for doing this now:

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Further information

Are you currently taking any medication prescribed by a doctor?

If yes, please specify:

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Do you have a history of mental health problems?

If yes, please tell us what help/contact you have had with services in the past:

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Are you currently (or have been in the last 6 months) receiving any form of therapy from a counsellor, therapist, nurse, psychiatrist, psychologist or other?

If yes, please give details:

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Are there any other professionals involved in your care?

Are there any social and/or domestic problems? (E.g. housing, relationships, employment)

If yes, please specify:

Do you currently use drugs or alcohol? Please give details and amount:

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Are you pregnant or mother of a child less than 12 months?

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Have you served in the armed forces? (Veteran)

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Additional needs

Please outline any specific needs which we may have to take account of:

Language: Cultural: Access: Disability: Other:

Details:

Do you foresee any difficulties in attending weekly therapy sessions?

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