

How to refer yourself

You can do this via the self-referral form on our website or by phone.

Making a referral takes approximately 10 minutes. We'll take some details and ask about your symptoms so we can offer you the right support.

To be eligible for this service you need to be:

- Age 16 years or over
- Registered with a GP in Hampshire

NHS Talking Therapies Hampshire is not an emergency or crisis service.

Our Urgent Help Page on our website has information on how to keep you safe.



Employment support

It's not always easy to look after yourself when you're facing stress or conflict at work.

That's why in addition to your therapy, we offer Employment Support. Our Employment Advisors, can help you to start, stay and succeed in work and focus on your wellbeing.

How can I find out more?



Call us:
023 8038 3920



Email us:
info@italk.org.uk



Visit us:
www.talkingtherapiesH1OW.nhs.uk



**Talking Therapies
Hampshire**

Service delivered in partnership between
Southern Health NHS Foundation Trust
and Solent Mind

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**Talking Therapies
Hampshire**

Here for your mental wellbeing



for anxiety and depression

How can we help you?

If you're feeling anxious, low or overwhelmed, our wide range of treatment options empower you to get your life back on track.

We use a range of evidence-based talking therapies to treat common mental health problems including:

- Depression & low mood
- Anxiety
- Insomnia
- Panic Disorder
- Obsessive Compulsive Disorder (OCD)
- Social Anxiety
- Post Traumatic Stress Disorder (PTSD)
- Phobias
- Body Dysmorphic Disorder (BDD)
- Health Anxiety
- As well as helping people with the impact of living with a long term physical condition

There's no need to see your GP or have a diagnosis - you can refer yourself today.

All of our Talking Therapies services are free of charge.



What can I expect

You can sign up to our online wellbeing programme (SilverCloud) that provides tools to help you think and feel better, also we have wellbeing classes and courses, these can be online or face-to-face. These services are available straight away.

If you're not sure what's right for you, or think you may need something more - you can have an assessment with a therapist to discuss the most suitable treatment options for you.

Options available are appointments by telephone, in groups, in-person or an online video call.

Services we offer include:

Online programme: SilverCloud

You can access this programme straight away, on a computer, smartphone or tablet without needing an assessment. **You can work at your own pace and in your own time.**

Specialist 1:1 sessions

Following an assessment, your therapist may recommend one of our range of talking therapies. These include Cognitive Behavioural Therapy (CBT), Eye Movement Desensitisation and Reprocessing (EMDR), Counselling for Depression, and other support therapies. These can help you to manage the symptoms and difficulties you are experiencing.

Guided Self-Help

Our telephone guided self-help option supports you to focus on one main problem that you're facing, and work together with a practitioner towards your wellbeing goals.

Classes and Courses

We have a variety of classes and courses both one-off and multi-session to introduce you to skills and tools to help you improve your wellbeing. Our website has a full list of what we have available.

Group Therapies

After assessment we also have a range of group therapy options. You are supported through a therapy programme with a small group of peers who may be experiencing similar issues to you.

Long-term health conditions

We understand that advice is often given on your physical health but not the impact on your emotional wellbeing.

If you're living with a long-term physical health condition, such as chronic pain, diabetes, lung conditions or long COVID, we have sessions where you can learn tools and skills to help you live well.