

Ready to take the next step?

You do not need speak to your GP before accessing our service. You can complete an online self-referral form on our website, or you can speak to a member of our team over the phone (our phone lines are open Monday to Friday, 9am – 4.45pm).

Self-refer: www.TALKWORKS.dpt.nhs.uk

Call us: 0300 555 3344

What happens after you get in touch?

We will contact you to offer you an initial appointment. In your first appointment, we will ask some questions to understand how you are feeling, what difficulties you are experiencing and the impact that this is having on your life.

Even if you aren't quite sure about how you are feeling or what's going on; we can help you to make sense of things. We can also link you in with other services who may be able to provide you with additional support.

While you are waiting for your appointment, you may find the resources on our website helpful.



TALKWORKS
IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING

“AN EXCELLENT SERVICE! I HAVE BEEN GIVEN THE TOOLS TO TAKE ON LIFE!”

If you require this leaflet in a different format or language please ask a member of our staff.

If you would like to provide feedback about our service please contact:

Patient Advice and Liaison Service (PALS)

Devon Partnership NHS Trust
Wonford House
Dryden Road
Exeter, EX2 5AF

t: 01392 675 686

e: dpt.pals@nhs.net

TALKWORKS.dpt.nhs.uk



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NHS

Devon Partnership
NHS Trust

TALKWORKS

IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING

HERE TO HELP YOU GET BACK ON TRACK

www.TALKWORKS.dpt.nhs.uk

0300 555 3344



Who we are

TALKWORKS is a free and confidential NHS Talking Therapies service, here to help adults (age 18+), across Devon (outside Plymouth), improve their mental and physical wellbeing.

Whether you're feeling low in mood, experiencing anxious thoughts, having sleepless nights or are under increased stress, we are here to help.

You don't have to hit 'rock bottom' to seek help from TALKWORKS. Even if you are feeling a bit 'off' and can't quite put your finger on the problem, or your low mood and stress are affecting your daily life, we can help you to feel more like yourself again.



Our support

We know that it can be hard to open up about your problems, but our therapists are here to listen and work with you in a supportive environment.

Our treatment and support includes:

- Cognitive Behavioural Therapy (CBT), available as one-to-one sessions with a therapist (face-to-face, over the phone or by video call)
- Supported, online self-help programmes (accessible 24 hours a day, 7 days a week)
- Wellbeing workshops and courses
- Counselling for Depression
- Eye Movement Desensitisation and Reprocessing Therapy (EMDR)
- Prolonged Grief Disorder Therapy
- Mindfulness-based Cognitive Therapy
- A dedicated Talking Health team, experienced in supporting adults with a long term health condition
- Specific treatment options for new and expectant parents
- Access to employment support
- Tailored treatment and support for those impacted by the menopause

