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## Where do I go to get help?

We offer telephone sessions, video call sessions, as well as appointments in many GP practices, or one of our local Wellbeing centres.

You can simply call our self referral helpline for an appointment.

Our aim is to make the help we provide as convenient as possible for you to fit into your life.

We offer a range of written self-help materials that support you to try out these helpful strategies.



for anxiety and depression

## How do I get help?

- Speak to your GP
- Speak to anyone involved in your care, they can refer you
- You can refer yourself by using our online referral service or by calling our self referral helpline
- Please see our website for further information.

Self referral helpline  
**0300 303 0923**  
 Visit:  
[staffsandstoketalkingtherapies.nhs.uk](https://staffsandstoketalkingtherapies.nhs.uk)



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Staffordshire and Stoke-on-Trent  
Talking Therapies

## Talking Therapies for Military Reserves Personnel and Veterans



for anxiety and depression

Together we are making life  
better for our communities



## What problems do we help?

Serving in the military reserves, and after leaving the military can for some people become a challenging time, especially when we can be affected by a range of emotional problems.

These may include:

- Low mood
- Depression
- Anxiety and worry
- Loss of confidence and low self-esteem
- Panic attacks and phobias
- Obsessive compulsive symptoms
- Health anxieties
- Post-traumatic stress disorder (PTSD) related to military duties, combat, or any other non-military related events.

We all experience emotional problems in our lives and we recognise that having served in the military may have at times been stressful. **Reserve Personnel and Military Veterans** have priority access to our services so we can support you in finding the effective advice or help as quickly as possible.

**Call: 0300 303 0923**  
[staffsandstoketalkingtherapies.nhs.uk](http://staffsandstoketalkingtherapies.nhs.uk)

## What do we provide?

After you first contact us, one of our therapists will be in contact with you within a few days to arrange an appointment at your earliest convenience. At your first appointment a mental health professional will work with you to understand your problem. They will explain the range of effective interventions that we can offer, or they will sign post you to a different service that may best meet your needs.

Interventions we offer:

- Cognitive behavioural therapy (CBT)
- Couples therapy
- Counselling
- Helpful activity scheduling
- Anger management
- Recognising and challenging unhelpful thoughts
- Problem solving techniques
- Strategies to improve sleep
- Improving communication and assertiveness
- Bereavement counselling
- Support with obtaining employment
- Advice on accessing the correct benefits
- Advice and support with medication.

## What does the help we provide consist of?

One of our therapists will explain the range of services on offer so you can decide what is right for you.

Many of the interventions we offer are quite practical, they are designed to help you to learn, gain more self-awareness, develop new skills, make changes, and put new strategies into practice.

Some of the interventions have more emphasis on talking about your feelings.



Most will aim to help military reserve personnel or veterans to identify the problem and change unhelpful ways of thinking and behaving to help change the way you feel.

You may set practical goals which you will work towards achieving step by step, recording your progress by maintaining diaries and records for yourself.

Our interventions have been shown to be effective in helping many military reserve personnel and veterans in published research studies.