

Are you currently experiencing?

- Feeling down or fed up
- Poor sleep
- Worry
- Feeling anxious, nervous or on edge

Where do I go to get help?

We provide help that is easy for you to fit into your life.

We can offer appointments in:

- Our Wellbeing Centres
- Some GP surgeries
- Over the phone
- Via easy video call sessions
- Your language, via interpreter services and other accessible formats
- Or, in some circumstances, we can offer a home visit

We are experienced at adapting our service and resources to meet individual needs.



Staffordshire and Stoke-on-Trent
Talking Therapies

Staffordshire and Stoke-on-Trent
Talking Therapies

Call: 0300 303 0923

staffsandstoketalkingtherapies.nhs.uk

How do I get help?



Speak to your GP. They can make a referral for you.



Speak to anyone involved in your care, they can refer you.



Please see our website for further information:
staffsandstoketalkingtherapies.nhs.uk



@staffsandstokewellbeing



@mpftwellbeing

Staffordshire and Stoke-on-Trent Talking Therapies is a partnership service provided by Midlands Partnership University NHS Foundation Trust, North Staffordshire Combined Healthcare NHS Trust, Mental Health Matters, the Dove Service, North Staffs Mind, Burton and District Mind and Changes Health and Wellbeing. It is commissioned by the Clinical Commissioning Group (CCG) in Staffordshire and Stoke-on-Trent.



Staffordshire and Stoke-on-Trent
Talking Therapies

Feeling Better in Later Life



for anxiety and depression

Together we are making life
better for our communities

 mpft.nhs.uk

Who will help me?

We are a team of understanding and caring NHS experts who work closely with your GP practice and offer a range of talking therapies.

We specialise in treating the kind of common problems that affect us all at times.



These are some of the problems we can help with:

Feeling down or fed up:

- Not wanting to go out
- Feeling tearful
- Loss of interest in doing things

Feeling anxious, nervous or on edge:

- Feeling anxious about going out
- Avoiding meeting others
- Unable to stop worrying about different things

Physical health

Do you experience any physical health problems which may be contributing to you feeling down or worried?

For example:

- Diabetes
- Pain (e.g. arthritis)
- Breathing problems
- Heart disease
- Irritable bowel
- Chronic tiredness

We can help you to manage these better



Feeling down?

Do you worry?

Call: 0300 303 0923
staffsandstoketalkingtherapies.nhs.uk