

How do I get help?

Simply call our self-referral telephone helpline to make an appointment. One of our therapists will answer any questions you may have and can discuss your problem with you over the phone in a sensitive and caring manner. Your GP can also refer you to the service.

Or you can self-refer via our website:
staffsandstoketalkingtherapies.nhs.uk

Self-referral Helpline
0300 303 0923

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

Urgent help

Please note this is not an emergency service. If you feel that you or someone you know requires urgent help, please contact your GP or out of hours GP service. Alternatively, contact the Access Team (available 24/7) freephone:

- North Staffordshire & Stoke-on-Trent: 0800 0 328 728 (option 1)
- South Staffordshire: 0808 196 3002

In the event of a medical emergency, please go straight to A&E.

Your views

Your feedback about your experience of the service is welcome and helps us to improve our service to you. Please feedback anonymously on our website about your experience:
staffsandstoketalkingtherapies.nhs.uk

Staffordshire and Stoke-on-Trent Talking Therapies

Call: 0300 303 0923
staffsandstoketalkingtherapies.nhs.uk

Not sure about a formal appointment?

You can access self-help resources on our website for the following problems:

- Anxiety
- Alcohol
- Bereavement
- Depression
- Domestic violence
- Eating disorders
- Health anxiety
- Obsessions & compulsions
- Panic
- Post traumatic stress
- Post natal depression
- Social anxiety
- Sleeping problems

 @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.

Together we are making life
better for our communities

 mpft.nhs.uk

NHS

Staffordshire and Stoke-on-Trent
Talking Therapies

Perinatal Wellbeing



for anxiety and depression

Who are we?

Staffordshire and Stoke-on-Trent Talking Therapies is a team of NHS experts. We specialise in treating the kinds of common problems that affect all of us at some time. The therapies we provide are evidence-based treatments in line with National Institute for Health and Care Excellence (NICE) guidance, which is a national recommendation of best practice.

Our therapists can offer appointments in a variety of ways, including telephone, video links and face to face in venues which may be in your GP practice or in one of our clinics in your local community. Our aim is to make access to treatment as accessible and as convenient as possible. We offer appointments via interpreting services and evening appointments are available.



What do we provide?

At your first appointment, a therapist will work with you to reach a shared, detailed understanding of your problem. They will then explain the range of effective treatments that we offer, which include:

- Cognitive behavioural therapy
- Interpersonal therapy
- Couples therapy
- Counselling
- Guided self-help
- Group workshops and short courses

We also offer advice on:

- Problem solving (e.g. employment, financial, housing, relationships)
- Getting out to baby groups

Parents, their partners or guardians are offered priority on our waiting lists during pregnancy and up until the baby is 12 months old. We will aim to start treatment within 4 weeks.



What problems can we treat?

Having a baby is often thought of as a happy and exciting time, however, it's common not to always feel this way and often people experience difficulties such as:

- Post-natal depression
- Perinatal anxiety
- Perinatal OCD
- Birth trauma
- Phobias (e.g. birth, blood, needles)
- Worry and stress
- Health anxiety
- Social anxiety

