

Healthy Minds



Buckinghamshire Talking Therapies

Healthy Minds

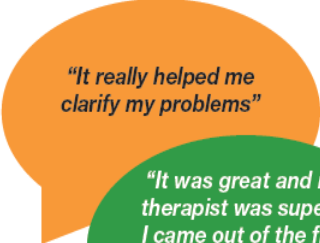
Healthy Minds is a service for any person experiencing anxiety, depression or stress.

We can all feel low or anxious at times but sometimes the problems get worse and affect our day to day lives. You may feel alone or panicky, find yourself crying more than usual, find it difficult to do your job or to get pleasure out of anything.


Many people who experience these problems and feel this way have found that, with help from us, there is a lot they can do to feel better. In the end we hope you will be able to say what others who have used this service have said:

The service provides access to evidence-based psychological therapies recommended by the National Institute for Health and Clinical Excellence (NICE) for the following conditions:

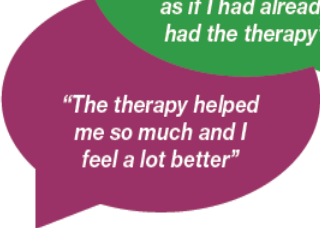
- generalised anxiety disorder
- specific phobias
- social phobia
- panic disorder
- obsessive compulsive disorder (OCD)
- post-traumatic stress disorder (PTSD)
- health anxiety disorder
- depression



"It really helped me clarify my problems"



"It was great and my therapist was superb. I came out of the first appointment feeling as if I had already had the therapy"



"The therapy helped me so much and I feel a lot better"

Reaching out for help is often the most difficult step.

How to get help

You can access the service through:

- **self-referral** - just call us on 01865 901 600
- your general practitioner (GP)
- any health or social care professional
- any mental health voluntary organisation
- Job Centre Plus
- your employer
- any education or training organisation

About us

Healthy Minds offers access to talking therapies, practical support and employment advice quickly and easily.

We are a fast acting service and we aim to offer you the help you need when you really need it. We can work with you on the telephone, see you at your GP practice or at various community locations. We will keep in contact with you regularly to help you with your recovery.

Someone to help you

You will be allocated a named therapist who will discuss your needs with you and explain what options for help or support are available.

Helping yourself to feel better

To help you to tackle your problems, we can offer effective talking therapies to:

- understand why you feel as you do
- look at the links between your feelings, thoughts, symptoms and behaviours
- find out what you would like to change
- discover new ways of coping now and in the future.

Practical advice and support is also available to deal with everyday problems e.g. housing, leisure, finance and social life.

We also offer employment advice to help you to keep your job or find work.

We can also provide information about a wide range of organisations and services that can offer additional help.

There is also a People Involvement Forum for people who have used the service to give us the benefit of their experience and offer suggestions to improve Healthy Minds. Details on how to join the group are available from your first appointment.



More information

Healthy Minds is a service for any person experiencing anxiety, depression or stress and who is registered with an NHS Buckinghamshire GP. Please contact us at:

Healthy Minds
Buckinghamshire Primary Care Wellbeing Service
Floor 2, Prospect House
Crendon Street
High Wycombe
HP13 6LA

Call: **01865 901 600**

Email: healthy.minds@oxfordhealth.nhs.uk

Text: **TALK** and your name to 07798 667169 and we will call you back

Website: www.healthyminsbucks.nhs.uk

Alternative language or format

If you require this guide in a different language or format or larger type size, please contact us and we will do our best to help.

Call: **01865 901 000**

Email: enquiries@oxfordhealth.nhs.uk

Patient Advice and Liaison Service (PALS)

Whiteleaf Centre, Bierton Road, Aylesbury, Buckinghamshire HP20 1EG

Freephone: **0800 328 7971**

Email: pals@oxfordhealth.nhs.uk