

Talking Therapies Service Continues

Who are we?

Talking Therapies is a primary care NHS service here to **support the people of Berkshire** including NHS staff and carers, experiencing distress at this unprecedented time.

We are here to support those **aged 17+** struggling with mild—moderate **depression, stress, sleep difficulties, anxiety disorders and bereavement.**

What support can we offer?

We deliver evidence-based psychological interventions according to NICE guidance in line with the Stepped Care Model.

We offer a **variety of treatment options** depending on clients need including:

Step 2 Low intensity:

- Silvercloud online individual support programmes (including a new module for coping with Covid19)
- Online Stress Less— A four session seminar delivered by our therapists
- 1:1 support via telephone
- Employment support

Step 3 High Intensity:

- 1:1 video consultation
- Wellbeing and bereavement support related to Covid 19 distress

How do we refer?

Health Professional Referrals

Refer patients online via our website

<https://forms.berkshirehealthcare.nhs.uk/TalkingTherapies/GpReferral.aspx>

Self-Referral

Clients can self-refer —<https://talkingtherapies.berkshirehealthcare.nhs.uk/make-a-referral/self-referrals/>

Or by calling —0300 365 2000