



*Help is at hand...*



## **What is the Lambeth Talking Therapies Service?**

- We work with people over 18 years, living in Lambeth or registered with a Lambeth GP, who have common psychological problems including depression, stress, worry, anxiety and fears / phobias.
- We offer a range of psychological help and support. Two main types are counselling (coming to terms with difficult past events, or understanding your patterns of relating to other people) and Cognitive Behavioural Therapy (CBT) (looking at the behaviours and thoughts which are keeping you unhappy in the present, and giving you ways of changing them)
- We also offer advice and support with employment problems.
- If our service isn't right for you, or if, for example, you need help with practical problems before you can make use of therapy we'll try to suggest alternative services and put you in contact with them.

## **How do I get an appointment?**

- The easiest way to contact us is to call us on 0203 228 6747. We'll take some brief details about you, and book a 25 minute telephone assessment within 2 weeks.
- If you don't speak English, we can arrange assessments in other languages.
- You can also register with us via our website – [www.slam-iapt.nhs.uk](http://www.slam-iapt.nhs.uk) – go onto the Lambeth pages and select LTT Telephone Assessment request.

- The telephone assessment will help us work out whether therapy might be helpful, and if so which sort. You need to have answers to the questionnaires in this leaflet ready for the assessment.
- We will offer you an appointment to start therapy as soon as we can – the website gives up to date waiting times. If you can be flexible about where and when you can be seen, we may be able to see you sooner.
- You may be seen by a trainee practitioner. All trainees are supervised by qualified, experienced staff, following professional guidelines. If you do not wish to be seen by a trainee please let us know and we will place you with a qualified staff member.

## **Questionnaires**

The questionnaires below are useful in assessing how you are feeling and help us to better support you.

Tick a box to indicate your answer and then add up the numbers in the boxes to give your total score.

Please try to fill in the questionnaires and have the answers with you when you call us to make an appointment.

**PHQ-9**

**Over the last 2 weeks, how often have you been bothered by any of the following problems?**

		Not at all	Several days	More than half the days	Nearly every day
<b>1</b>	Little interest or pleasure in doing things	0	1	2	3
<b>2</b>	Feeling down, depressed, or hopeless	0	1	2	3
<b>3</b>	Trouble falling or staying asleep, or sleeping too much	0	1	2	3
<b>4</b>	Feeling tired or having little energy	0	1	2	3
<b>5</b>	Poor appetite or overeating	0	1	2	3
<b>6</b>	Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
<b>7</b>	Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
<b>8</b>	Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
<b>9</b>	Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

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PLEASE TOTAL THE NUMBERS AND WRITE HERE

**If you score 10 or more, please call us**

## GAD-7

Over the last 2 weeks, how often have you been bothered by any of the following problems?

		Not at all	Several days	More than half the days	Nearly every day
1	Feeling nervous, anxious or on edge	0	1	2	3
2	Not being able to stop or control worrying	0	1	2	3
3	Worrying too much about different things	0	1	2	3
4	Trouble relaxing	0	1	2	3
5	Being so restless that it is hard to sit still	0	1	2	3
6	Becoming easily annoyed or irritable	0	1	2	3
7	Feeling afraid as if something awful might happen	0	1	2	3

PLEASE TOTAL THE NUMBERS AND WRITE HERE

**If you score 8 or more, please call us**

If you score less than the number indicated, then you probably do not need to use our service. Please look at the Lambeth Mind website for further information on all wellbeing services that are available to you. ([www.lambethmind.org.uk](http://www.lambethmind.org.uk)).

**To help us with your call, please write in the boxes below and have this with you when you call:**

**The main problems that I am looking for psychological help with are: e.g. feeling very low, spending too much time worrying, feeling very anxious when I am with other people**

1.	
2.	
3.	

**With psychological help, I want to be able to:  
e.g. get back to work, make some new friends,  
spend more time making or doing things**

1.	
2.	
3.	

## **Is there anything I can do to help myself in the meantime?**

Yes. You'll find lots of suggestions about things you can do on our website – [www.slam-iapt.nhs.uk](http://www.slam-iapt.nhs.uk) There are also a range of good self-help books at your local library – ask for the 'books on prescription'. For some people, medication is also helpful, either with or without therapy – discuss this with your GP.

## **If the main problem is to do with a stressful situation, then the following organisations will be able to help:**

### **Housing**

Housing Options and Advice  
service **020 7926 4200**

### **Benefits**

Centre 70 **020 8670 0070**

<http://centre70.org.uk/content/looking-help>

### **Debt**

Brixton Advice Centre

[info@brixtonadvice.org.uk](mailto:info@brixtonadvice.org.uk) **(0)20 7733 7554**

### **Domestic Violence**

Gaia: <http://refuge.org.uk/what-we-do/our-services/gaia-centre-lambeth>

Tel: **02077338724**

## **What do I do if I'm feeling very suicidal?**

We are not an emergency service. If you need urgent help please contact either your GP or attend your local A&E Department (24hrs).

Alternatively, if you're experiencing a crisis and need support, you can call the Samaritans 24 hour helpline on 08457 90 90 90 or email [jo@samaritans.org](mailto:jo@samaritans.org).

## **Any further questions?**

Visit [www.slam-iapt.nhs.uk](http://www.slam-iapt.nhs.uk) Phone us on 0203 228 6747 with any queries or to make an appointment, or write to:

Lambeth Talking Therapies Service

1A Dalbury House

Edmundsbury Estate

Ferndale Road, Brixton SW9 8AP



## Options available

If you'd like a large print, audio, Braille or a translated version of this leaflet then please ask us.

## Contact SLaM

SLaM switchboard: 020 3228 6000

SLaM website: [www.slam.nhs.uk](http://www.slam.nhs.uk)

## Patient Advice and Liaison Service ( PALS )

PALS is here to listen and support you in whatever way they can to ensure your experience at SLaM is a positive one. If you are not happy about something at SLaM then PALS will try to help you.

If you decide you want to make a formal complaint PALS can advise you how to do this.

PALS 24hr information line: 0800 731 2864

PALS website: [www.slam.nhs.uk/pals](http://www.slam.nhs.uk/pals)

PALS email: [pals@slam.nhs.uk](mailto:pals@slam.nhs.uk)