wellbeing
Helping you live your life

NHS
Suffolk
Talking Therapies

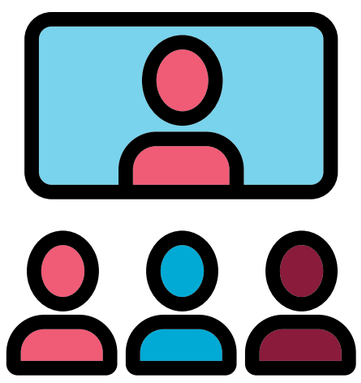
What does the Wellbeing Service offer?

1

Talking Therapies

Our talking therapies can be done by phone, video call, instant messaging or face to face.

2

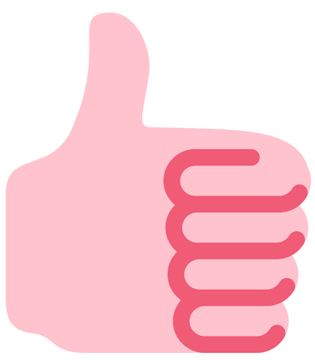


Workshops

Our workshops can help you to understand the difficulties you are experiencing.

The workshops also help you to learn techniques to manage your difficulties in a positive way.

3



Support

We offer one to one support from our staff who have experienced mental health issues.

They can share with you what helped them with their recovery.

4

Employment Support

We provide advice, motivation and guidance around any employment problems that you may have.

5

Community Events

Wellbeing host regular community events online. These are to help you engage with others again.

wellbeing
Helping you live your life

NHS
Suffolk
Talking Therapies

What does the Wellbeing Service offer?

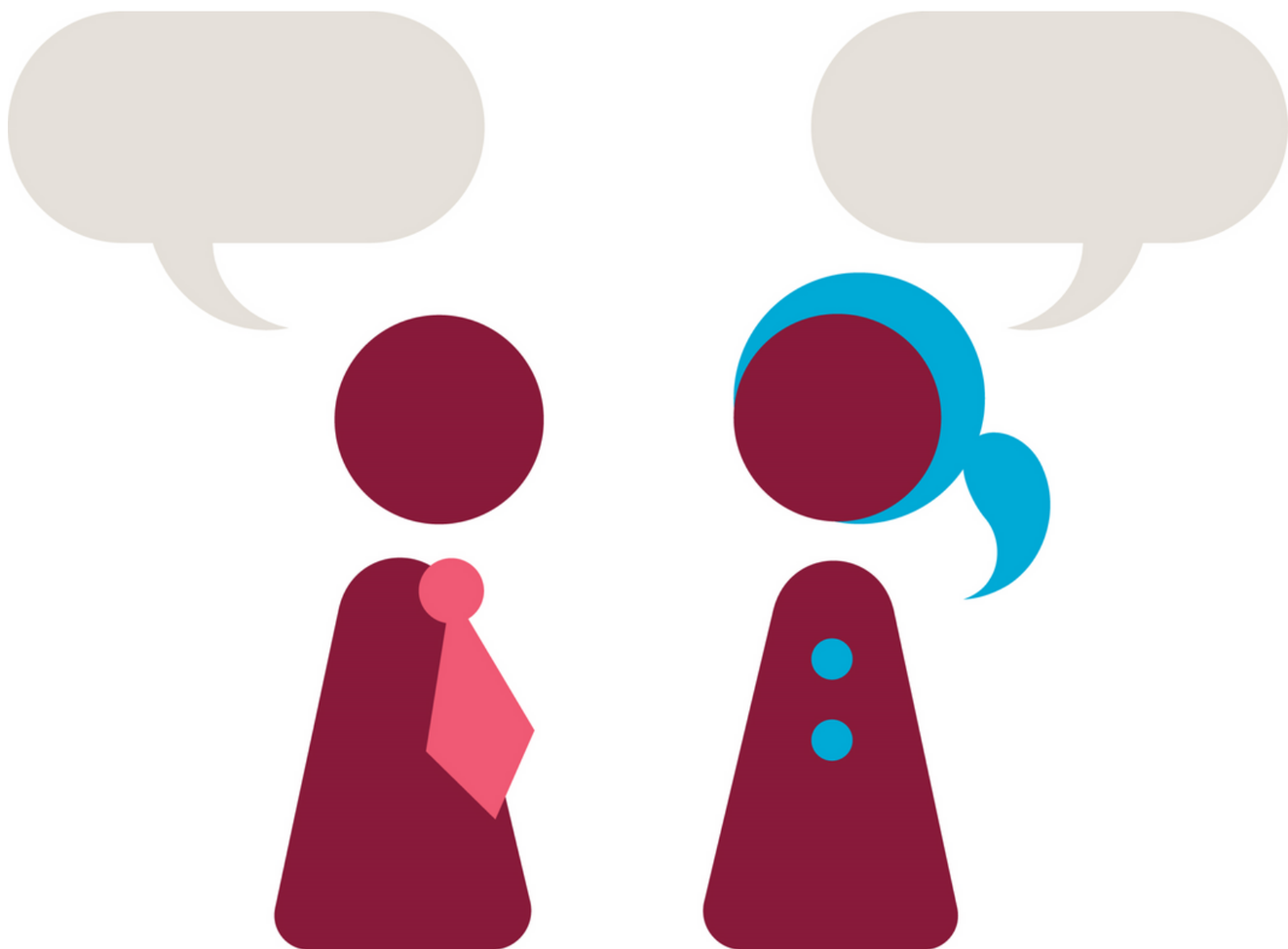
Sometimes another organisation may be better placed to help you with the difficulties that you are experiencing.

If this is the case, then we will either help you to access those services or provide you with the details to help you to get the help that you need.

Please be aware that if you want to focus on working through early abuse, brief therapy is not suitable so we may not be the right service.

We may be able to help you with the problems you are experiencing now, if they are unrelated to the past.

We are happy to speak to you about this.



wellbeing
Helping you live your life

NHS
Suffolk
Talking Therapies

Keeping yourself safe

1

Mental health difficulties can often make us feel quite hopeless.

They can sometimes lead to thoughts about hurting ourselves or ending our life.

2

This is very common and we will talk to you about how you can keep yourself safe while you are accessing the service.

We will also tell you how you can get extra support.

3

If you are feeling hopeless please contact one of the following:

- **Your GP Surgery**
- **Call NHS 111 and choose the Mental Health Option**

If you think you may seriously hurt yourself, dial 999 or go to A&E and tell them how you are feeling.

4

Above all else we want you to be safe.

wellbeing
Helping you live your life

NHS
Suffolk
Talking Therapies

What will happen in my appointment?

1

During your appointment we will talk about the difficulties that you are currently experiencing.

2

We will talk about how it is making you feel and how it is affecting your behaviour.

We will also talk about how it makes you think.

3

We will talk about how other areas of your life are being affected.

This is so we can better assess your needs and support you.

4

Before your appointment, please make sure you are in a private place away from distractions.

wellbeing
Helping you live your life

NHS
Suffolk
Talking Therapies

Some questions you might like to think about

Please spend some time thinking about the following questions.

Thinking about questions can feel difficult when we are feeling unwell, but it can help us to support you better.

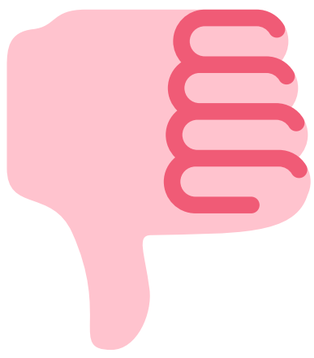
1

What has prompted you to contact the Wellbeing Service?

2

Are you feeling more tired, sad or irritable?

3



Have you noticed that you have stopped doing things that you used to enjoy?

4

What goes through your mind?

Are there any thoughts or worries that are difficult to forget about?

5

What would you like to be different?

For instance, if you felt better, what would be different?

wellbeing
Helping you live your life

NHS
Suffolk
Talking Therapies

Contact details

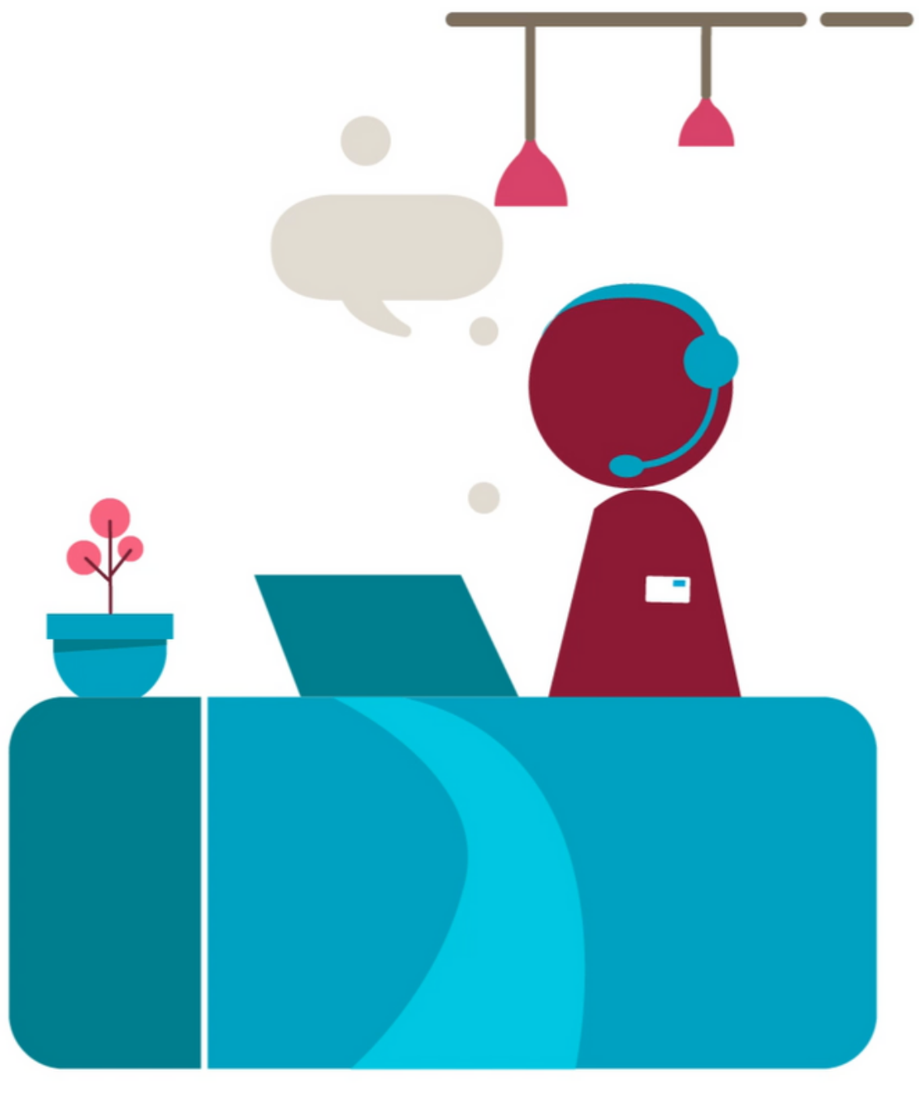
We really look forward to speaking with you.

You can find out more about us on our website:

wellbeingnands.co.uk

Or you could call us on:

0300 123 1503



wellbeing
Helping you live your life

NHS
Suffolk
Talking Therapies

24 hour helplines

Urgent Mental Health Helpline

If you are having difficulties with your thoughts and feelings, and would like immediate advice and support call the urgent mental health helpline:

111

Call: 111 and choose the mental health option

Available 24 hours a day, 7 days a week

Samaritans

Whatever you're going through, there is someone at the Samaritans who will listen to you.

Call: 116 123

Available 24 hours a day, 7 days a week

Wellbeing Suffolk is provided by Norfolk and Suffolk NHS FT working in partnership with a number of third sector organisations, including:

MTCIC • Relate • Shaw Trust • Suffolk Family Carers

Wellbeing Suffolk is commissioned by the Suffolk and North East Essex Integrated Care Board.

NHS
Norfolk and Suffolk
NHS Foundation Trust