



Feeling anxious, low or stressed? Is life or work a real struggle?  
If so, we may be able to help.

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

- We work with adults who have common psychological problems including depression, stress, worry, anxiety and fears/phobias.
- We offer a range of psychological help and support, including counselling and Cognitive Behavioural Therapy (CBT).
- We also offer advice and support with employment, solving work related problems and finding work.
- The service is for people living in Southwark or registered with a Southwark GP.
- If our service isn't right for you, we'll try to suggest alternatives that are more likely to be able to help and put you in contact with them.

### **Urgent help**

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

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

Call us on 0203 228 6747.

The call will take approximately 25 minutes so please call when you have time and are able to talk openly. We can call you back if it's easier.

### **Are there any risks or side effects of having psychological therapy?**

There is substantial evidence that talking therapies work but sometimes people find that one treatment method works better for them than another.

Therapy can be upsetting or feel like hard work because you are trying to change the way you respond and find new ways to deal with your difficulties.

Please do ask if you'd like to know more about what to expect. We'd be very happy to talk to you or you can find lots of information on our website about the treatments we offer, how we handle confidentiality, as well as other online resources:

[www.iapt-slam.nhs.uk](http://www.iapt-slam.nhs.uk)

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 do let us know and we will place you with a qualified staff member.