

Topic 19

Dr X and Richard Y have been amazing during my current period of depression (I was referred into SDS in 2018 after discharge from a psychiatric unit in 2017). Dr Nixon is so knowledgeable about medication and treatment protocols for recurrent severe depression, and he explained my options clearly and responded quickly when my medications needed to change. Richard has been the best therapist I've ever seen – he applies CBT intelligently and adapts it to my individual needs. He's taken my recent diagnosis of autism on board and taken it into account, meaning our sessions are effective and have given me life-changing insights. During the enforced switch from Phenelzine to Isocarboxazid over this summer, which resulted in a relapse into depression for a couple of months, both Dr Nixon and Richard were unfailingly supportive and helped me to make the change successfully.

Communication – oral, follow-up, cleanliness, courtesy, friendliness, leaflets – aids to memory

Excellent support tailored to Individual needs, with lots on tackling the Issues.

The help I got from Catherine was a really big help. The way I was thinking, Catherine helped to change to a more positive way, I cannot thank Catherine enough for all the help she gave to me.

My therapist was Catherine. I can't speak highly enough of the care and effort she put into helping me. Catherine has supported me identifying needs and finding the right support. I'm so grateful for all the help she's given me. Thank you. X