**Services offered by Gateshead Talking Therapies (GTT)**

GTT offer services specifically for patients 16 years or older, who are registered with a Gateshead GP and who are presenting with the following mental health conditions:

* Depression
* Anxiety, including:
  + Phobias
  + Obsessive Compulsive Disorder (OCD)
  + Post Traumatic Stress Disorder (PTSD)
  + Generalised Anxiety Disorder (GAD)
  + Social Phobia
  + Health Anxiety
  + Panic Disorder
* Adjustment Disorders
* Insomnia
* Mild disordered eating (BMI >18.5)
* Long Term Physical Health Conditions impacting a patient’s mental health
* Carer responsibilities impacting a patient’s mental health
* Perinatal mental health problems
* Medically Unexplained Symptoms

**Types of therapy**

* Low Intensity CBT / Supported Self Help
* Cognitive Behavioural Therapy
* Interpersonal Therapy
* Cognitive Analytic Therapy
* Mindfulness
* Eye Movement Desensitisation and Reprocessing (EMDR)

Click here for [more information](https://www.gatesheadtalkingtherapies.nhs.uk/problems-we-can-help-with/) on the types of therapy we deliver.

The links below will take you to the NHS Choices website for more information about the different common mental health problems:

* [Depression](http://www.nhs.uk/conditions/depression/Pages/Introduction.aspx)
* [Phobias](http://www.nhs.uk/conditions/phobias/Pages/Introduction.aspx)
* [Obsessive Compulsive Disorder](http://www.nhs.uk/Conditions/obsessive-compulsive-disorder/Pages/Introduction.aspx) (OCD)
* [Post Traumatic Stress Disorder](http://www.nhs.uk/conditions/post-traumatic-stress-disorder/pages/introduction.aspx) (PTSD)
* [Generalised Anxiety Disorder](http://www.nhs.uk/conditions/Anxiety/Pages/Introduction.aspx) (GAD)
* [Social Phobia](http://www.nhs.uk/conditions/social-anxiety/Pages/Social-anxiety.aspx)
* [Health Anxiety](http://www.nhs.uk/conditions/hypochondria/Pages/Introduction.aspx)
* [Panic Disorder](http://www.nhs.uk/conditions/panic-disorder/pages/introduction.aspx)
* Mild disordered eating (BMI greater than 18.5)
* Sleep problems
* Low Self-Esteem
* People suffering from chronic physical health problems impacting their emotional wellbeing

### **Anxiety & Depression**

We all experience mental health difficulties at some points in our lives; in fact, 1 in 4 people in the UK will experience depression and/or anxiety each year (Mind, 2018). At Gateshead Talking Therapies we work with people presenting with mild to moderate anxiety and depression. Our aim is to help people better understand these difficulties and so begin to heal, recover and improve their wellbeing.

**Is it common to have low mood and receive therapy?**

**Yes!** 1 in 4 people will suffer from anxiety and depression each year.

The links below will take you to the NHS Choices website for more information about the different common mental health problems:

* [Depression](http://www.nhs.uk/conditions/depression/Pages/Introduction.aspx)
* [Phobias](http://www.nhs.uk/conditions/phobias/Pages/Introduction.aspx)
* [Obsessive Compulsive Disorder](http://www.nhs.uk/Conditions/obsessive-compulsive-disorder/Pages/Introduction.aspx) (OCD)
* [Post Traumatic Stress Disorder](http://www.nhs.uk/conditions/post-traumatic-stress-disorder/pages/introduction.aspx) (PTSD)
* [Generalised Anxiety Disorder](http://www.nhs.uk/conditions/Anxiety/Pages/Introduction.aspx) (GAD)
* [Social Phobia](http://www.nhs.uk/conditions/social-anxiety/Pages/Social-anxiety.aspx)
* [Health Anxiety](http://www.nhs.uk/conditions/hypochondria/Pages/Introduction.aspx)
* [Panic Disorder](http://www.nhs.uk/conditions/panic-disorder/pages/introduction.aspx)
* Mild disordered eating (BMI greater than 18.5)
* Sleep problems
* Low Self-Esteem
* People suffering from chronic physical health problems impacting their emotional wellbeing

#### **What we CANNOT help with**

Unfortunately, we may not be the most suitable service for some people.  We would recommend that you contact your GP or look at the [Need Urgent Help](https://www.gatesheadtalkingtherapies.nhs.uk/need-urgent-help/) or [Other Sources of Support](https://www.gatesheadtalkingtherapies.nhs.uk/other-support-services/) pages if you have one or more of the following problems:

* If you are in crisis, such as at immediate risk of harming yourself or others
* If you are experiencing psychotic symptoms (such as hearing or seeing things that aren’t there)
* If you are already under the care of secondary care mental health services (such as the Community Treatment Team)
* If you are having difficulties with drug or alcohol misuse
* If you are dealing with a severe eating disorder
* If you have a diagnosed personality disorder
* If you have severe learning difficulties or severe autistic spectrum disorders
* If you are in need of a medication review or diagnosis
* If you are having difficulties with benefit claims or finances as the main problem you are dealing with at the moment, if this is the case please check out some [other services](https://www.gatesheadtalkingtherapies.nhs.uk/other-help/) which may be more helpful (such as Pathways and the Citizens Advice Bureau)

#### **Severe mental health issues**

If you have a history of serious mental health issues, it is possible that we are not best suited to help and may need to discuss this further with you and suggest you speak to your GP for further advice.

#### **Drug and alcohol issues**

If you have significant difficulties with alcohol or recreational drugs please call Gateshead Recovery Partnership/Change Grow Live (GRP/CGL) - formerly Evolve Gateshead - on 0191 594 7821 or visit the [Evolve Gateshead website](http://www.changegrowlive.org/content/gateshead-evolve) – our psychological therapies are only recommended when these problems have been adequately addressed.

Please be aware you should not refer yourself to Gateshead Talking Therapies if you are already receiving help or treatment from a mental health team, Counsellor or another psychological therapist.  You should instead contact that team / therapist.

[For Health Professionals (gatesheadtalkingtherapies.nhs.uk)](https://www.gatesheadtalkingtherapies.nhs.uk/health-professionals/)

**Depression**

[Depression in adults - NHS (www.nhs.uk)](https://www.nhs.uk/mental-health/conditions/depression-in-adults/)

For people whose presentations are more complex or severe, or where there is significant risk, please refer to secondary care services.

**Diagnostic criteria and NICE guidelines**

You can find out more information on the diagnostic criteria and treatment recommendations on [www.nice.org.uk](http://www.nice.org.uk/)