

Many people will experience a difficulty in their lives which can leave them feeling stressed, anxious, depressed or unable to cope.

## What do we do?

The Bristol Wellbeing Therapies (IAPT) service is part of the new mental health services in Bristol.

We are a partnership of 15 organisations all working together to deliver a range of talking therapies for adults of all ages.

- AWP
- Connect Psychology
- GanWest
- SecondStep
- Missing Link
- NILAARI
- Oasis-Talk
- Womankind
- Off the Record Bristol
- Penny Brohn Cancer Care
- Relate Avon
- Wellspring Healthy Living Centre
- Mental Health Matters
- The Green House
- The Harbour

Therapies are provided by a range of different providers whose trained practitioners offer a range of short-term therapies for a variety of common mental health difficulties including:

- depression
- anxiety
- work-related stress
- trauma
- obsessions
- anger difficulties
- relationship difficulties
- coping with long term physical health conditions

## How do we work

We offer mainly cognitive based therapy and counselling therapies using:

- psycho-educational courses: in venues across Bristol and via the internet
- one-to-one therapy
- bibliotherapy - therapist supported use of self-help materials
- signposting.

## How to get help

You can self-refer to our service by calling our administration team on 0117 982 3209.

A health professional can also refer you.

Our team will then register you and book you an appointment for assessment.

You can also register on our website to join one of our stress and mood management courses.

## Assessment

This is usually carried out by **telephone** with one of the team calling you at a set appointment time.

This is an open conversation lasting about 30-45 minutes.

You will be able to talk about your reasons for getting in touch with us and the help you are looking for.

Please ask if you feel you need a face-to-face appointment.

You will also be asked to complete a **short questionnaire** about your mental health symptoms. This questionnaire can be done by email.

## Next steps

Your assessor will work out whether the treatments we offer are right for you. If not, we will try to help find something more suitable.

## Confidentiality

The service is free and confidential Please ask if you need more details about this.

*The practitioners that I have spoken to have been extremely kind and helpful. It is very reassuring that you are not alone in struggling with low mood.*