How do I get help?

Simply call our self-referral telephone helpline to make an appointment. One of our therapists will answer any questions you may have and can discuss your problem with you over the phone in a sensitive and caring manner. Your GP can also refer you to the service.

Appointments can be offered in your GP practice, local health clinics, over the phone, or home visits can be arranged if necessary. Evening appointments are available.

Self-referral helpline: **0300 303 0923**

Urgent help

Please note this is not an emergency service. If you feel that you or someone you know requires urgent help, please contact your GP or out of hours GP service.
Alternatively, contact the Access Team (available 24/7):

- South Staffordshire: 0300 5555 001
- North Staffordshire & Stoke-on-Trent: 0300 123 0907 (option 1)

In the event of a medical emergency please go straight to A&E.

Your Views

Your feedback about your experience of the service is welcome and helps us to improve our service to you. Please feedback anonymously on our website about your experience:
www.staffsandstokewellbeing.nhs.uk

Staffordshire and Stoke-on-Trent Wellbeing Service

0300 303 0923
www.staffsandstokewellbeing.nhs.uk

Not sure about a formal appointment?

You can access self-help resources on our website for the following problems:

- Anxiety
- Anger
- Alcohol
- Bereavement
- Depression
- Domestic Violence
- Eating Disorders
- Health Anxiety
- Obsessions & Compulsions
- Panic
- Post Traumatic Stress
- Post Natal Depression
- Social Anxiety
- Sleeping Problems

Follow us on social media

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Staffordshire and Stoke-on-Trent Wellbeing Service is a partnership service provided by Midlands Partnership NHS Foundation Trust, North Staffordshire Combined Healthcare NHS Trust, Mental Health Matters, the Dove Service, North Staffs Mind, Burton and District Mind and Changes Health and Wellbeing. It is commissioned by the Clinical Commissioning Group (CCG) in Staffordshire and Stoke-on-Trent.

NHS
Staffordshire and Stoke-on-Trent Wellbeing Service

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helping you to feel better

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Who are we?

The Staffordshire and Stoke-on-Trent Wellbeing Service is a team of NHS experts that are attached to your GP practice. We specialise in treating the kinds of common problems that affect all of us at some time. The therapies we provide are evidence-based treatments in line with National Institute for Health and Care Excellence (NICE) guidance, which is a national recommendation of best practice.

Our therapists work in your GP practice and can offer appointments there, or in one of our clinics in your local community. Our aim is to make effective treatment as convenient as possible for you to fit into your life.

What problems can we treat?

We offer treatment for common mental health problems, as well as physical health problems (as one usually affects the other), such as:

- Low mood (depression)
- Worry and anxiety
- Panic
- Social anxiety
- Phobias
- Obsessions & compulsions
- Post-traumatic stress
- Health anxiety
- Chronic fatigue
- Irritable bowel syndrome
- Chronic pain
- Sexual problems

What do we provide?

At your first appointment, a therapist will work with you to reach a shared, detailed understanding of your problem. They will then explain the range of effective treatments that we offer, which include:

- Cognitive behavioural therapy
- Interpersonal therapy
- Couples therapy
- Counselling
- Guided self-help
- Group workshops and short courses

We also offer advice on:

- Improving sleep
- Medication (side effects)
- Problem solving (e.g. employment, financial, housing, relationships)