

Our team work closely with GPs across all surgeries in Guernsey. Our aim is to provide evidence-based psychological therapies for anxiety and depression for people aged between 18 and 65 years.

We can be contacted via 725241 extn 3307.

If you are experiencing immediate distress and feel that you are in crisis you should contact your GP surgery or Accident and Emergency Department.

Guernsey Samaritans are available on: 08457 90 90 90

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Welcome Booklet



Primary Care Mental Health & Wellbeing Service

*Talking therapies
to help you help yourself*

Welcome to the Primary Care Mental Health & Wellbeing Service

This information has been put together by the Guernsey Primary Care Mental Health and Wellbeing Team.

The booklet contains information on the services available for people experiencing anxiety and depression and for those who care for them.

It tells you how to access these services and what to expect.

Your appointment:

Date:.....

Time:.....

Place:.....

Your Practitioner:.....

Primary Care Mental Health & Wellbeing - Services Offered

We provide a range of specific **short-term** interventions, including:

Guided self-help- offers support using a CBT approach. It uses workbooks and computerised programs. Support is often offered over the telephone, as many people find this is convenient for them.

Cognitive-Behavioural Therapy (CBT)- CBT is a talking treatment that focuses on thoughts, feelings and behaviours. It helps you to learn strategies to improve your mood and self-manage your difficulties. The therapy is structured and time-limited.

Counselling- provides a regular time and space for people to talk over their difficulties with a specific focus on gaining insight into feelings and relationships.

Cognitive-analytic therapy (CAT)- involves looking back into repeating patterns of relationships and behaviour.

Employment Advice and Support- we support people to return to work following a period of sickness absence. We work with colleagues in other agencies who can provide longer-term support.

Signposting to Other Agencies- we signpost onto a range of organisations who can provide additional support.

Your Assessment Appointment

The assessment appointment is your chance to discuss and explore your mental health and wellbeing with a practitioner. You will work with your practitioner towards a shared understanding of your situation and difficulties and devise a treatment programme that is right for you. You will be asked to complete a series of short questionnaires.

This assessment appointment will last for an hour and usually be at a GP surgery but you may also be offered an appointment at a location in the community. When you book your assessment appointment you will be advised where it will be, when and with whom.

What Can I do Before My Assessment Appointment?

Some people find it useful to make a few notes before they come to their assessment appointment. These might include:

- The **main problem** you would like help with
- If there are any particular **triggers**
- The **physical sensations** you experience, the **thoughts** you have and **what you do** when problems occur
- The **impact** it is having on your life
- The **reasons** why you are seeking help now
- Any **medication** you are currently taking or thinking about taking

How to use this booklet

Making the decision to ask for help can be difficult and sometimes the stigma surrounding mental health problems can stop people from seeking help. However, having the opportunity to talk can often enable you to feel understood and supported to get things back on track.

Waiting for an appointment can sometimes be stressful. This booklet aims to give you as much information as possible about our service and hopefully ease any concerns you may have before your first appointment.

We would also like to help you:

- Prepare for your assessment appointment
- Begin to make sense of your thoughts, feelings and behaviour
- Decide if our service can offer you the right kind of support, help or therapy

If you decide that this service is not for you, we hope that some of the information in this booklet may guide you in the right direction and improve your wellbeing.

What we do

At your assessment appointment you will meet with a Psychological wellbeing practitioner (PWP).

PWPs work using the methods of 'self-help' in order to [help you to help yourself](#). Your PWP works as self-help coach.

We provide psychological support for people with anxiety and depression. This support can also include information about your medicines or tablets prescribed by your GP.

Often, patients will talk to a PWP on a weekly or fortnightly basis.

Talking about your thoughts and feelings may help you to notice some patterns. Your PWP will help you to understand these patterns and offer ways to make changes and take more control of your life.



Psychological and Emotional Wellbeing

Wellbeing is more than feeling happy- it is feeling that we are fulfilling our potential in life and that our lives are meaningful and worthwhile. Our sense of wellbeing is affected by many things including: our physical state of health, where we live, whether we have a job we like and enjoy and having good relationships with other people.

Some of these things we cannot change, but often even relatively small changes in lifestyle can make real differences to our moods and feelings.

Certain factors combine to make up our mental wellbeing.

These include:

- Physical health
- Hopes and dreams
- Family and friends
- Education and learning
- Meaningful activity
- Financial security
- Supportive environment
- Spirituality

