1:1 Therapy

- Cognitive Behavioural Approaches/ Guided self help provided by 'Psychological Wellbeing Practitioners' (PWPs).
  Combination of face to face, text, e-mail, telephone and guided computerised CBT.
- Counselling Services
- Cancer Service
- Fit for work
- Trauma/ Post Traumatic Stress Disorder
- Listening and Guidance
- Esteem Team – Complex Needs and Maternal Mental Health (MMH)

All our services are confidential. You can let us know if you prefer to be contacted by telephone or letter. This information is intended as a guide only. If you are concerned about the mental health of yourself or another person, you may wish to consult your GP for further advice.

You can contact us at:
Sandwell Wellbeing Hub
Spires Health Centre
Victoria Street
Wednesbury
WS10 7EH

Tel: 0303 0339903
IAPT services have been introduced nationally to ensure that adults are offered an appropriate level of support for people experiencing common mental health problems such as anxiety and depression. IAPT services are designed to help you to help yourself, supporting you to get back to enjoying life and engaging with work or daily activities.

For more information on your local Talking Therapies Service, please call The Wellbeing Hub (details on the back of leaflet) or speak to your GP.

We’re there for you...
The Talking Therapies Service is here to help you when support is needed. We can work with you to help you recover so that you can enjoy and participate in life again. We have a team of qualified and experienced professionals specially chosen to work alongside your GP.

How to get in touch...
Initially you should go to your GP who can refer you to our service. All we ask is that you are over 16 years of age. Alternatively you can be referred by other health care professionals or you can self refer by calling our Wellbeing Hub on 0303 0339903. We will work with you to explore the problems you are facing and identify how best to deal with them.

How quickly will we see you...? Once you have been referred, we will offer you a face-to-face appointment either by letter or phone within a maximum of 28 days.

A joint decision will be made by you and your therapist to work out whether Cognitive Behavioural Therapy (CBT) is appropriate to help you with your problems. If CBT is not felt to be the best treatment option you will be referred to other services.

Following assessment the referrer will be sent an assessment outcome. On completion of treatment the referrer will be sent a treatment summary including appropriate clinical measures.

What help is available?
The Talking Therapies Service has a team of “High Intensity” therapists and they can also be called “Cognitive Behavioural Therapists”.

Cognitive Behavioural Therapy (CBT) is a talking treatment that looks at how thoughts affect emotions and behaviour whilst helping you to identify goals. CBT is a ‘National Institute for Health and Clinical Excellence’ (NICE) approved therapy. We offer a course of CBT generally between 6-20 sessions.

OR the team can refer you onto one of the following services:
Self help and self help group work:
- Emotional Freedom Technique – ‘Tapping Technique
- Welfare Rights
- Capnography
- Positive Mental Health CDs – self help relaxation
- Computerised cognitive behavioural Therapy programme – Moodcalmer
- Self Help Group Programmes/workshops/social and leisure activities.