



HOW DO I REGISTER FOR THE SERVICE?

You can ask your GP or healthcare professional to make a referral on your behalf.

Alternatively, you can sign up yourself by phone, email or post:

- 01604 657 722 (8am - 4pm)
- talkinghealthnorthants@nhft.nhs.uk
- NHS Northamptonshire Talking Therapies Health, Lotus House, Victoria Street, Northampton, NN1 3NR.

Please note: we are not an emergency service. If you require urgent help, please call NHS 111, The Samaritans on 116 123 or the mental health number 0800 448 0828.

WHAT HAPPENS NEXT?

Once we have received your referral, we will contact you for an initial assessment to establish what your needs are and whether we are the best service to support you.

If we are suitable to support you, we will send you an appointment outcome letter outlining our discussion and any treatment plans. We will only share this information with your referrer/GP if you consent for us to do so.



**Northamptonshire Healthcare
NHS Foundation Trust
Lotus House, Victoria Street,
Northampton
NN1 3NR**

Telephone: 01604 657 722

www.nhft.nhs.uk/talkingtherapies



If you require this leaflet in other formats or languages please contact PALS: 0800 917 8504

এই লফিলটেট যদি আপনার অন্য কোনো ফর্ম্যাটে বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করে

0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন

Jeżeli siał skrajutę norite gauti kitu formatu ar kalba, kreipkitės į PALS: 0800 917 8504

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub języku, prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect în alte formate sau limbi, vă rugăm să contactați PALS: 0800 917 8504

Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.

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**NHS NORTHAMPTONSHIRE
TALKING THERAPIES
HEALTH**

#weareNHFT

NHS
Northamptonshire Healthcare
NHS Foundation Trust

**SPECIALIST
MENTAL HEALTH
SUPPORT FOR
PEOPLE LIVING
WITH A LONG-
TERM CONDITION**

- Cancer
- COPD
- CVD
- Diabetes

 01604 657722

 [nhft.nhs.uk/
talkingtherapies](http://nhft.nhs.uk/talkingtherapies)



**MAKING A
DIFFERENCE
FOR YOU,
WITH YOU**



WHO WE ARE

We are a talking therapies service for people living with a long-term condition such as diabetes, respiratory difficulties (e.g., COPD), cancer and cardiovascular disease (CVD).

We offer non-urgent psychological therapy for common mental health problems in the context of a long-term condition.

We support people from across Northamptonshire, including Corby, Kettering, Wellingborough and Daventry.

“YOU TOOK THE TIME TO LISTEN, HEAR ME FOR THE HUMAN BEING I AM, WITHOUT JARGON” Patient Feedback

WHO DO WE SUPPORT?

We support people who are:

- Aged 17 and a half or over
- Registered with a GP in Northamptonshire
- Diagnosed with diabetes (Type 1 and 2), respiratory difficulties (e.g., COPD), cancer or cardiovascular problems
- Experiencing emotional distress.

WHAT SERVICE USERS ARE TELLING US

It is common to experience negative emotions, difficult thoughts and distressing physical symptoms when living with a long-term condition. This can make it more difficult to cope with self-care needs and daily demands.

Common difficulties include feeling low in mood, anxious, frustrated, hopeless, having a sense of loss and struggling to adjust to a physical health diagnosis and any required lifestyle changes.

HOW CAN WE HELP?

We are a team of psychological practitioners who have knowledge and understanding of the challenges experienced by people living with a long-term condition.

We offer treatments via video-call, telephone and face-to-face sessions. These could be one-to-one sessions, groups or webinars.

We use a stepped-care approach, which means that you receive the most effective treatment for your needs. This will be in the form of low-intensity or high-intensity treatment. We tailor the treatments we offer to your specific needs so you can achieve your therapy goals.

We are here to support you in case your physical health condition has resulted in difficulties such as depression, panic, phobias (e.g. agoraphobia, needle phobia), anxiety disorders, OCD, PTSD, diabetes distress, fear of cancer recurrence, low self-esteem, amongst others.

