

Dear Patient,

Stress is a normal reaction to the rapidly changing and uncertain times we are all living in at the moment. If you are feeling a bit more stressed than usual and would like to learn how to deal with common problems like anxiety, depression, panicky feelings, poor sleep and poor wellbeing then please contact Supporting Minds Blackpool for support.

Supporting Minds offers brief psychological treatment for depression and anxiety disorders.

If you experiencing any of the following...

- Feeling low and tearful
- Feeling depressed
- Feeling panicky
- Excessive worrying
- Feeling anxious or stressed
- Sleep problems
- Unhelpful or distressing thoughts
- Fear of specific objects or situations

A range of talking therapies can be offered including...

- Cognitive Behavioural Therapy (CBT)
- Counselling
- Guided self-help
- Eye Movement Desensitisation & Reprocessing Therapy (EMDR)
- Stress control course (currently being delivered online for a limited period)
- Online CBT
- Mindfulness classes

Supporting Minds is very much open for treatment as usual at this time and are fully operational despite the current challenges. All therapies are currently being delivered over the telephone, online and by video conferencing.

To enquire about the therapies offered, or refer yourself, please telephone the self-referral line on: 01253 955700 or Email : bfwh.supporting.minds@nhs.net

You can also visit the website for further information: <https://www.bfwh.nhs.uk/our-services/supporting-minds/>

Best Wishes,