

What can Barnsley Talking Therapies offer?

We offer individual and group treatment with Cognitive behavioural psychotherapists, Psychological wellbeing practitioners and Counsellors.

We can also offer Computerised Cognitive Behavioural Therapy (CCBT), a self-help book collection, StressPac group and we can signpost you to other local services if requested.

Health care services have a legal responsibility to keep accurate records related to your care and treatment, whether these are written or electronic, and to store these securely. Records will only be shared with your permission or if we have concerns related to risk or by legal requirement.

How can I contact the service?

Call **01226 644 900** to speak to a duty co-ordinator who will be able to give you information and advice about the next steps.

If you are interested in helping to improve our service further then please contact the manager on **01226 644 900**.

Visit **www.barnsley-talkingtherapies.nhs.uk** for more information and a self-referral form.

If you require a copy of this information in any other format or language please contact your healthcare worker at the Trust.



Barnsley
Talking Therapies

Barnsley Talking Therapies

**sleep problems? • panic?
anxious? • depressed?**

CALL 01226 644 900
for more information about
the help and treatment on
offer



Have you been feeling...

- Down/low
- Tired or having trouble sleeping
- Moody
- Stressed
- Worried
- Panicky
- Anxious
- Unmotivated or nothing seems fun anymore
- Tearful
- Fearful
- Avoiding friends/family/places

If so, then Barnsley Talking Therapies may be able to help you. Our aim is to provide the help and treatment you need, and to help you understand the issues you are experiencing.

Would this benefit me?

Our mental health is just as important as our physical health, and we should never feel embarrassed to seek help and treatment when we need it.

All of us experience emotional distress at some points in our lives. Sometimes we may struggle to manage this on our own. Problems like feeling down, stressed or worried can make it difficult to cope with everyday life.

The World Health Organisation report that one in four people will visit the GP every year to seek help for a mental health problem.



Helpful contacts and organisations

Barnsley Talking Therapies
Cudworth, Barnsley S72 8UA
01226 644900

NHS 111
24 hour emergency helpline phone 111

Humankind (Early Intervention Prevention Support Service)
01226 704090

IDAS (Domestic Abuse Service)
03000 110 110

Barnsley Sexual Abuse and Rape Crisis Services 01226 320140
Text: 07786 20 90 70
National Helpline 0808 802 9999
National Helpline (Men) 0808 800 5005

BEAT Eating disorder helpline
0808 801 0677

Samaritans 116 123

Citizens Advice Bureau 03444 111 444

Humankind Recovery Steps
(Alcohol and Drug Support)
01226 779066

