

Our contact details

Shropshire Psychological Therapies Department
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Telephone: 0300 123 6020
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Additional Sources of Help

Useful websites:

www.livinglifetothefull.com
www.shropshiremind.org
www.shropdoc.org.uk
www.ntw.nhs.uk/pic/selfhelp

Check out the healthy living section of your local library

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Shropshire Psychological Therapies

Promoting Health and Wellbeing

If you live in Shropshire and are feeling stressed, depressed or anxious

Seek Help Early



Your NHS No:

Service Information Leaflet

Welcome to Shropshire Psychological Therapies Service

We aim to improve health and wellbeing by offering a range of help, advice, life skills courses, supported self-help, groups and individual therapies for everyone aged 16 and over.

What can I expect?

You will be able to talk about your concerns by telephone, or in person, and be listened to supportively and without judgement. You will have an opportunity to talk through issues you feel are important, and how they can be addressed. We can offer various types of support to reflect your needs.

What sort of problems can we help with?

- Feeling bad about yourself
- Difficulty in relating to other people
- Struggling in your relationships
- Stressed
- Worried
- Nervous
- Obsessive compulsion
- Anxiety
- Panic
- Phobia
- Problems following traumatic experiences
- Difficulties in controlling feelings, eg anger

I'm interested—what do I do now?

If you feel that you may benefit from our service you can contact us directly by telephone or e-mail (contact details overleaf). Alternatively, if you prefer, see your doctor or healthcare professional who can support you with a referral.

What happens next?

The help we offer will give you an opportunity to explore, understand and find ways to deal with problems that are troubling you. Our aim is to enable you to make changes and develop skills in your life, not to tell you what to do. We can work with you to help you recover so you can enjoy and participate in life again. You will usually be seen locally, often at your GP surgery or other community venue. Although there is a high demand for our services, we try to contact people as soon as possible, usually in 2-4 weeks.

Confidentiality

We take confidentiality very seriously. We believe in respecting and maintaining your confidentiality. We will not share personal information about you with anyone else unless you give us permission to do so or if your, or someone else's, health and safety is at risk. We keep confidential session records and only share information with relevant others, such as your GP, if the need arises and with your consent. If you have any concerns about confidentiality, please discuss these with your therapist.