

# You don't have to cope on your own

Things like stress, worries or depression can affect your life in different ways. Here are just some of the things we can help with:

- Managing emotional difficulties in relation to your physical health
- Depression
- Worry, panic and anxiety
- Obsessive compulsive behaviour
- Phobias of things like spiders, flying or going outside
- Severe shyness
- Preoccupation and distress about your appearance
- Difficulties coping after severe trauma
- Relationship or family troubles.



## Next steps

To find out how we can help you, call **020 8548 5550**, log onto our website and complete an **online self-referral form** or **speak to your GP**. We can often arrange treatment quickly so your first session could start soon after you get in touch. We can also provide our service in many of the main languages.

All too much  
right now?

Sometimes people who feel very low think they might hurt themselves or even end their lives. **If you feel this way, contact your GP** and they will be able to help.

You can also **call The Samaritans** on **08457 90 90 90**.

Start talking  
Start feeling better  
[richmondwellbeingservice.nhs.uk](http://richmondwellbeingservice.nhs.uk)

Richmond Wellbeing Service Talking Therapies and Specialist Support is provided by:

  
East London  
NHS Foundation Trust

  
Richmond Wellbeing Service  
Talking Therapies and Specialist Support

Let us  
help you

Does your health  
cause you anxiety,  
stress or depression?

[richmondwellbeingservice.nhs.uk](http://richmondwellbeingservice.nhs.uk)

 mind | Richmond  
for better mental health | Borough



## Richmond Wellbeing Service is a free and confidential NHS service designed to help you feel better about yourself.

The service provides a number of different talking therapies as well as psychiatric consultation and support. These can help you improve your mood, reduce anxiety and stress resulting from your health difficulties.

It's easy to get started and it's free

The NHS service is completely free and confidential. It's available to any adult who is registered with a GP in Richmond and Twickenham NHS CCG.

You can sign up for treatment yourself. Just call **020 8548 5550** to speak to one of our team. Alternatively log onto our website and complete an **online self-referral form**.

Or you can ask your doctor to organise an appointment for you.

## Are you suffering from any of the following conditions?

- Diabetes
- Heart conditions
- Respiratory difficulties
- Persistent troubling physical symptoms such as chronic pain, stomach ache or head ache

Many of our therapies teach you long-term management strategies for your anxiety and depression linked to your physical health difficulties.

The service also has a team that offers expert mental health assessment and medication reviews.

About one in four of us will experience depression, stress or anxiety. Our services are here to help.

## When can we help?

If some of these describe the way you feel, as a result of your long term health difficulties

- **Do you** feel down, sad or depressed?
- **Do you** find yourself worrying a lot?
- **Do you** feel very anxious in social situations?
- **Do you** experience panic attacks?
- **Do you** avoid things in a way that interferes with your life?
- **Do you** find yourself worrying about your health?
- **Do you** experience difficulties managing stress in your life?

