

# FIND POSITIVE CHANGE THROUGH THE RIGHT SUPPORT



Ways to **WELLBEING**

SOUTH TANDRIDGE  
**PRIMARY  
CARE  
NETWORK**

# TALKING THERAPY

## When things don't feel certain, it's normal to feel stressed.

Anyone can struggle with their mental health, especially during these difficult times. You might be feeling more on edge than usual? Perhaps feeling angry, helpless or sad? You may even find it's a struggle to carry out simple day to day activities?

**If you are feeling like this, you are not alone.**

Are you ok?

**Talking to someone can help**, and not only do we have the time to listen, but we can also help you find the right support.

Talking Therapy is a way of helping you understand your feelings – supporting you on your journey to positive change.

Our service is **COMPLETELY FREE** and it's accessible right now.

### HOW IT WORKS

You'll have an initial appointment with a trained adviser, booked as a telephone appointment. This can be arranged up to a week in advance. They will talk through your options which could include IAPT Talking Therapies, Community Connections, self-help, community support and secondary care services. If ongoing talking therapy sessions are agreed, these could include online support, group sessions and 1-2-1 appointments too with options that include cognitive behavioural therapy (CBT), counselling for depression, EMDR therapy and guided self-help.

### WHO THIS CAN HELP

Anyone over 17, registered with either Oxted Health Centre or The Lingfield Surgery.

### THIS SERVICE ISN'T FOR...

- Medication reviews – these are for GPs to review
- People already registered and using psychological therapy – unless there's a new issue or change in circumstances.
- People in crisis or at high risk of self-harm. The Mental Health Crisis Line is on 0300 456 8342, the Samaritans on 116 123 or call your GP for help. You could also visit a local 'safe haven' for support ([www.sabp.nhs.uk/our-services/mental-health/safe-havens](http://www.sabp.nhs.uk/our-services/mental-health/safe-havens)). For immediate support if you cannot keep yourself safe call 999 or go to A&E.

# WELLBEING PRESCRIPTION

In times like these,  
our wellbeing can suffer.

**Wellbeing is different for everyone**, and it can also be different from one day to the next.

Whether you want to **feel happier, get fitter, lose weight or maybe even connect more with your local community**, there are many ways you can boost your overall sense of wellbeing.

Working together to find positive solutions that help you deal with the day to day stresses of life, and bring a bit more balance during these uncertain times.

Our free Wellbeing Prescription service has specially trained advisers ready to help, offering a series of 1-2-1 appointments aimed at **supporting you on your journey to feeling healthier and happier**.

What is  
wellbeing?

It's how you  
feel day to day

## HOW IT WORKS

The easiest way to schedule an appointment with a Wellbeing Adviser is to contact the Wellbeing Prescription team directly. You will be offered an appointment at a time that suits you: the first appointment lasting up to 45 minutes, with additional follow up appointments as required.

You'll have time to talk to someone knowledgeable and professional, able to help you find long term solutions to pressing problems. This often includes advice and direction to other services that may be able to provide additional support to you. We'll stick with you, supporting you to identify, set and achieve your wellbeing goals.

## WHO THIS CAN HELP

Anyone over 18, registered with either Oxted Health Centre or The Lingfield Surgery.

## THIS SERVICE ISN'T FOR...

People in crisis or at high risk of self-harm.

# WAYS - TO - WELLBEING

## Choose your path

To begin Talking Therapy or for an appointment with our Wellbeing Prescription service, please get in touch.

**Oxted Health Centre, 01883 734000, [www.oxtedhealthcentre.nhs.uk](http://www.oxtedhealthcentre.nhs.uk)**

**Lingfield Surgery, 01342 836327, [www.lingfieldsurgery.nhs.uk](http://www.lingfieldsurgery.nhs.uk)**

**Wellbeing Prescription, 01883 732787, [www.wellbeingprescription.org](http://www.wellbeingprescription.org)**

Each surgery in the South Tandridge network has a Patient Participation Group. Every registered patient can offer their feedback on the facilities and services of their surgery by joining their PPG or by getting in touch. You can tell us what you think of these therapy services and offer ideas for where you'd like to see us focus resources in the future. Details of each group are in the Practice Information section of each GP surgery's website.



Supporting people and good causes  
around Oxted, Godstone, Lingfield,  
Edenbridge and surrounding villages.

This leaflet was devised and funded by St Silvan's Area Charity along with Parish Councils in South Tandridge. We share a common concern about the impact of coronavirus on the mental health and wellbeing of our local community and we want to ensure you know where to go for fast, expert support.

St Silvan's is here to support local families in need.  
Please see [www.stsilvans.org.uk](http://www.stsilvans.org.uk) for more information.

With grateful thanks to:

**Crowhurst Parish Council**

**Dormansland Parish Council**

**Limpsfield Parish Council**

**Lingfield Parish Council**

**Oxted Parish Council**

**Tandridge Parish Council**