

Feeling stressed, anxious, or depressed?

If so, Talking Changes can help

Who are Talking Changes?

Talking Changes is an NHS-led self-help and talking therapies service that specialises in helping individuals to overcome common mental health problems such as stress, anxiety and depression. We are committed to improving the mental health of those living in County Durham & Darlington and aim to provide the highest quality of care to all of our patients.

What are Online Depression and Anxiety Courses?

We currently run Online Depression and Anxiety Courses via Microsoft Teams. Each Course session is 75 minutes long and occurs weekly, over 6 consecutive weeks. The Courses aim to provide you with the necessary knowledge, skills and techniques to better understand and cope with your difficulties. The course is based on Cognitive Behavioural Therapy, which is proven to be clinically effective in reducing symptoms of anxiety and depression.*

Although this is not group therapy and there is no expectation to disclose personal details regarding your individual problems, active participation in the 'interactive' workbook-based exercises is expected and there will be opportunities to ask questions and provide feedback throughout.

Please note as Microsoft Teams is used to broadcast/deliver the courses live, patients are able to attend **anonymously (i.e. you will be able to see the presenters however nobody will be able to see or hear you).*

The benefits of attending the Online Depression and Anxiety Courses include:

- *Timely access to evidence-based treatment. You should typically never have to wait more than 4 weeks to access an online course.*
- *Flexibility due to being facilitated remotely; the online course setting allows you the opportunity to access therapy from your own home.*
- *Having access to two skilled and experienced Psychological Wellbeing Practitioners, over 7.5 hours of 'face to face', therapeutic contact time.*

-The necessary knowledge, skills and techniques to better understand and cope with your anxiety and depressive symptoms.

*- The opportunity to attend **anonymously**, therefore allaying any social anxiety or the potential of being recognised by others in your community.*

What others have said about our Online Depression and Anxiety Courses?

"Very informative and educational. Opened my mind up to new ways of considering and challenging stress and anxiety, all of which were very well explained"

"Not a pressured environment. Recaps from previous weeks. Clear content & well-structured from easier things to do (e.g. breathing) to harder (e.g. exposure)"

"There were a wide range of real proactive steps and possible treatments suggested"

"The slideshows and available paperwork are easy to follow and will stay with me for a long time. Thank you so much! Was very helpful and I learnt a lot"

"I was dubious about whether I would benefit from a depression course, as I felt I needed 1:1 counselling. I was pleasantly surprised how much this course helped me to cope with my situation and what is to come. Thank you..."

"I thought that it being online was really useful because I wouldn't have gone otherwise"

How can I refer to Talking Changes and register for the Online Depression and Anxiety Courses?

*You can self-refer into the service via our website www.talkingchanges.org.uk or by calling **0191 333 3300**. When you call into the service, the admin team will book you into a 30-40 minute telephone assessment call. If the assessor feels that the Online Depression or Anxiety Course would meet your needs for the difficulties you are experiencing, you will be offered a place. We may discuss alternative options with you if it is felt that the Courses or our service would not be suitable for you currently.*