

## How can I access the service?

Contact Single Point of Access (SPOA) to self-refer on **01204 483101**, lines are open Monday to Friday 9am to 5pm.

Self-refer online at:

**[www.iaptportal.co.uk/bolt.html](http://www.iaptportal.co.uk/bolt.html)**



## What if I need more support?

During your first appointment a PWP will gather information about your main difficulties, your therapy goals, and establish a treatment plan with you. Sometimes this will mean you are referred to a high intensity therapist or to another service.

## Who is the service not suitable for?

- Individuals who use alcohol or drugs to cope with their mental health, or whose functioning is impaired by their use of alcohol or drugs
- People whose primary issue is a severe mental health problem, such as psychosis, eating disorders or personality disorders
- Those who are actively suicidal and are unable to keep themselves safe whilst with the service.

## How can I access urgent help?

**Please note that we are not an emergency service.**

If you are experiencing a crisis and need support and advice, you can call:

- Your GP or dial 111-NHS Direct
- The GMMH helpline on 0800 953 0285 (open 24/7)
- Samaritans on 116 123

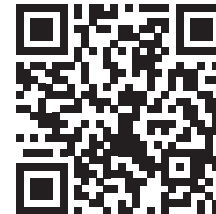
# Bolton Talking Therapies

**For Anxiety and Depression**

Psychological Wellbeing  
Practitioners

### Get involved

To get involved with GMMH and/or share your views, please scan the QR code or visit [www.gmmh.nhs.uk/get-involved](http://www.gmmh.nhs.uk/get-involved)



**Please contact us if you require support with this information, including other languages, audiotape, Braille or larger print.**

Reference: GMMH480

Version: 1.0

Date: 03/08/2023

Review: 03/08/2025

© Greater Manchester Mental Health NHS Foundation Trust



**for anxiety and depression**

## What is a Psychological Wellbeing Practitioner?

Psychological Wellbeing Practitioners (PWP) provide support to people aged 16yrs plus with common mental health problems. PWP provide Cognitive Behaviour Therapy based Guided Self-Help.

### PWPs can:

- Offer 6-8, 30 minute sessions on a fortnightly basis
- Appointments are face-to-face, by telephone or video
- Alternatively we can offer e-therapy through the online CBT programme Silvercloud
- Signpost to other suitable services.

Your welcome call or first assessment with our service will usually be with a PWP. They will gather information from you about your current mental health symptoms, and how these are impacting your life.

They will then suggest a further treatment option if they feel that our service is the best one for your needs.

Appointments are provided across Bolton. The service offers appointments Monday to Friday, 9am to 5pm, face-to-face, or up to 8pm by telephone.



## Common Mental Health Problems that PWP provide support for:

- Anxiety
- Panic
- Depression
- Phobias
- Sleep problems
- Obsessive Compulsive Disorder
- Stress

### Treatments may include:

- Information and advice
- Improving motivation
- Relaxation techniques
- Problem solving
- Assertiveness skills
- Reducing avoidance
- Managing worries
- Changing negative thoughts

### What is Silvercloud?

SilverCloud is the leading global provider of evidence-based wellbeing and behavioural health solutions. It is an online programme which allows you to access Cognitive Behaviour Therapy techniques in a flexible and easy to use method. Once supported reviews have been completed, you will continue to have access to the programme for 12 months from the date that you registered.

