

The background features decorative elements in the corners: top-left and top-right have overlapping circles and rings; bottom-left has solid circles and a hatched circle; bottom-right has a dotted circle and a ring.

# NHS Wandsworth Talking Therapies

What does our service offer? And  
how can I look after my mental  
health?

# What we offer

We offer free psychological therapies and wellbeing workshops for adults 18+ living in the Wandsworth Borough or those registered with a Wandsworth GP.

There are three steps at WTT:

- **Step 1** - The Wellbeing team

The Wellbeing team offer online workshops on stress management, self care, and other topics for you to engage in while on the waitlist and receiving treatment

- **Step 2**

Step 2 offer low-intensity therapy through group therapy, one-to-one support and guided self-help using online resources

- **Step 3**

Step 3 offers more intense therapy. These can also be delivered one-to-one and by group. This can also include Eye Movement Desensitisation and Reprocessing (EMDR) and Interpersonal Psychotherapy (IPT)



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# Our referral process

You can refer through your GP or self refer via our website: <https://swlstg.nhs.uk/self-referral>

The **initial assessment** is usually conducted over the telephone but we can offer a face to face. The clinician will ask you about your difficulties to decide whether this service can offer the help that you need.

The practitioner will review the assessment information with their supervisor to consider the most appropriate way forward for you.

During the review call, you and the practitioner will discuss the support options. Whilst this may be treatment within the service, it may also be that our service is not the right one for your needs. If this is the case, then we will talk through the options for support elsewhere.



# Everyone feels low at times

Life is full of ups and downs, so it's completely normal to feel low at times.

However, it is also important to understand that if your mood is impacting your day-to-day life, or making you feel overwhelmed, then it is okay to seek help during these times.



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# Identifying when you feel low

To help you understand whether you might need support with your mental health, it is good to start trying to identify when you feel low.

## **Behavioural symptoms:**

- procrastinating or avoiding responsibilities
- socially withdrawing
- change in appetite

## **Physical Symptoms:**

- muscle tension and headaches
- changes in sleep pattern

## **Emotional symptoms:**

- feeling more irritable
- feeling overwhelmed and tearful
- feeling numb or detached



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# Techniques to help you feel better

There are many helpful things you can do when you notice yourself becoming stressed, anxious or just generally low in mood to try and refocus your attention back to the present.

One of these things may be going on a ‘mindful’ walk outside, ensuring that you are taking in all of your surroundings and focusing on the here and now.

Or even partaking in a hobby you enjoy, like reading to try and divert your attention elsewhere and relax your mind.



# Technique: Progressive Muscular Relaxation

**Stressed muscles are tight, tense muscles.**

By learning to relax your muscles, you will be able to use your body to dissipate stress. Progressive muscle relaxation focuses on the major muscle groups. Tighten each muscle and maintain the contraction 20 seconds before slowly releasing it. As the muscle relaxes, concentrate on the release of tension and the sensation of relaxation.

The routine should take 10 minutes.



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# Technique: Grounding

## 5-4-3-2-1 Grounding Exercise



Describe **5** things you see in the room.

Name **4** things you can feel (“my feet on the floor” or “the air in my nose”)

Name **3** things you hear right now (“traffic outside”)

Name **2** things you can smell right now (or 2 smells you like)

Name **1** thing you can taste, or one good thing about yourself





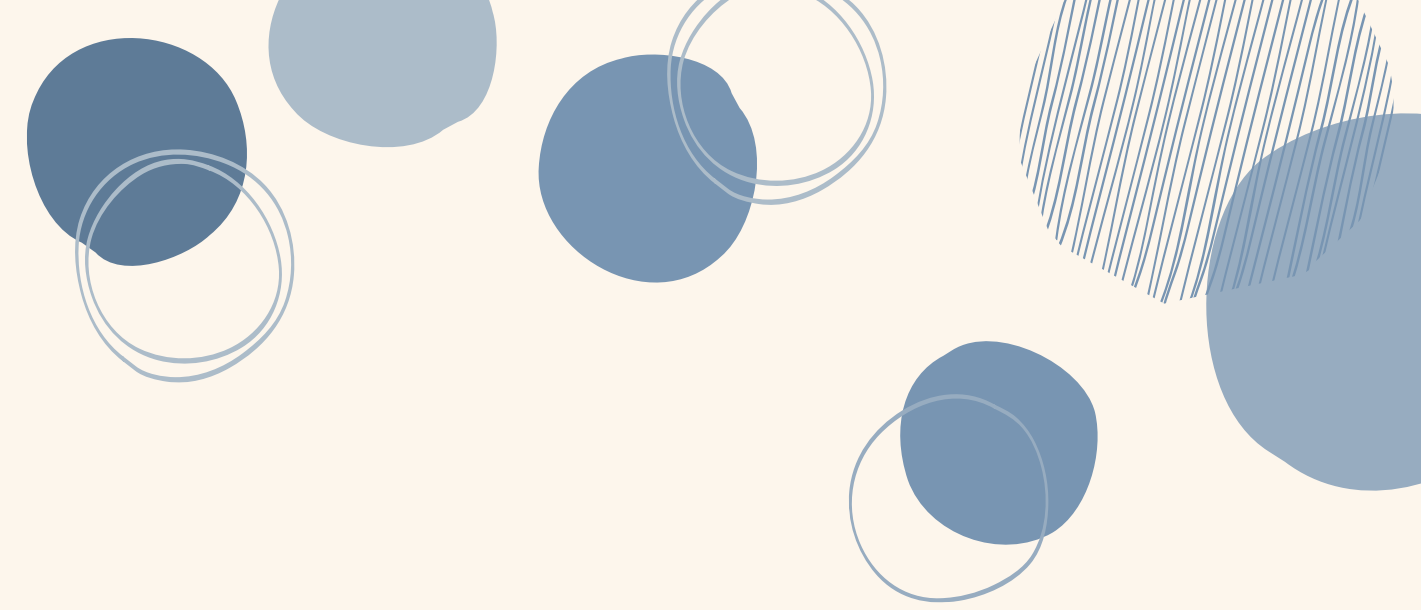
# Questions?

Does anyone have any questions that they would like to ask?



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# Get in touch



If you would like further support, you can self refer online:

**<https://swlstg.nhs.uk/self-referral>**

Or call: **020 3513 6264**

Sign up to our wellbeing events on Eventbrite:

**<https://www.eventbrite.co.uk/o/wandsworth-talking-therapies-16811028183>**



INSTAGRAM: @NHSWANDSWORTHHTALKINGTHERAPIES



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The background is a light cream color, decorated with various blue geometric shapes. There are solid blue circles of different sizes, some with concentric circles around them. There are also clusters of small blue dots, some arranged in a circular pattern. The text "Thank you" is written in a large, blue, serif font, centered in the upper half of the image.

Thank you

from us at  
Wandsworth Talking  
Therapies