

Patient Leaflet designed by The Maltings Surgery

Options for dealing with Anxiety and Depression

Self-Help

This is very important for good mental health in the long term, as treatment by doctors or other specialists, including medication, is usually a short term solution. Developing your own resources and ways of coping means you will be better equipped to deal with problems in the future.

Some links to useful online self-help resources are listed below:

Organisation	Useful Information	Contact details (Email and or Telephone)
Patient.co.uk	An excellent source of information for both patients and medical professionals. Leaflets are available covering many different mental health topics	http://www.patient.co.uk Anxiety – A self help guide http://patient.info/health/health-anxiety-a-self-help-guide Depression – A self help guide http://patient.info/health/depression-self-help-guides Cognitive Behavioural Therapy http://patient.info/health/cognitive-behavioural-therapy-cbt-leaflet
Books on Prescription	Available from your local library	
View the Books on Prescription leaflet	Includes Frequently Asked Questions	http://www.hertsdirect.org/services/libraries/books/specialcollections/bop/
View the booklist		http://www.hertsdirect.org/services/libraries/books/Booklists/

Counselling

Organisation	Useful Information	Contact details (Email and or Telephone)
Visit the British Association for Counselling and Psychotherapy		http://www.itsgoodtotalk.org.uk/about-bacp Find a Therapist http://www.itsgoodtotalk.org.uk/
Local Counselling Services	Some voluntary, some private	St Albans & District Counselling and Psychotherapy Group http://www.stalbanscpg.org/ info@stalbanscpg.org . St Albans Counselling Centre Call us on 01727 856693 – generally 10am-3pm or answerphone. Email: stalbansadmin@hbcf.co.uk St Albans Bereavement Network 01727 841841 http://www.sabn.org.uk/ help@sabn.org.uk

Cognitive Behavioural Therapy (CBT)

- CBT is a talking-based therapy. There is good evidence for its effectiveness across a wide range of mental health difficulties
- CBT is available on the NHS if your GP refers you to the local mental health service. It may be delivered in a number of ways: one to one, in a group, or using a computerised CBT package. There is a waiting list for this therapy.
- You may have this treatment privately, either through GP referral, or by contacting an appropriate therapist yourself.

Recommendation is to contact the British Association for Behavioural and Cognitive Psychotherapies

<http://www.babcp.com/About/About.aspx>

Registered Office: Imperial House, Hornby Street, Bury, Lancashire BL9 5BN Tel: 0161 705 4304 Fax: 0161 705 4306 Email: babcp@babcp.com

Free online CBT resources are available. Recommended sites include

Mood Gym

<https://moodgym.anu.edu.au/welcome>

Living Life to the Full

<http://www.lltff.com/>

Drug treatment

Your GP may ask you to assess the severity of your mood problems using a questionnaire such as a [HADS](#) or [PHQ9](#) (http://www.depression-primarycare.org/images/pdf/phq_9_eng.pdf).

If you complete one of these, please discuss this with your doctor

Drug treatment may be appropriate for moderate to severe depression or anxiety

The most commonly prescribed, modern and safe antidepressants are known as SSRI's (Selective Serotonin Re-uptake Inhibitors) Follow link to find out more about SSRI's

<http://patient.info/health/ssri-antidepressants>

Hertfordshire Partnership Foundation NHS Trust (HPFT)

Single point of contact number (for improving access to psychological therapies)

0300 777 0707

<http://www.hpft.nhs.uk/our-services/community-services/enhanced-primary-mental-health-services/epmhs-self-referral-form/>

The number is available for anyone to use, to self-refer for psychological support to the Wellbeing Team. A self-referral form can also be found on the Hertfordshire Partnership Foundation NHS Trust website or simply ring the above number to talk to a mental health professional who will help you decide what sort of treatment or follow up would be best for you. Most people have an appointment within 28 days, sooner in urgent cases.

Big White Wall

<https://www.bigwhitewall.com>

This is safe online community of people who are anxious, down or not coping who support and help each other by sharing what's troubling them, guided by trained professionals. Available 24/7, Big White Wall is completely anonymous so you can express yourself freely and openly. Professionally trained Wall Guides ensure the safety and anonymity of all members.

Other Organisations

Below are some links and contact details for local organisations offering further information and support:

Organisation	Useful Information	Contact details (Email and or Telephone)
Depression Alliance		http://www.depressionalliance.org/ 01727 762347 for groups in Hertfordshire and 0845 1232320 (to request information pack)
Drugs and Alcohol		Community Drugs and Alcohol Team 01727 830 031 Turning Point 01727 893344 St Albans Drug Information Online http://www.drugson-line.info/links/index.htm
Youth Talk	A counselling service for people aged between 14 and 25	http://www.youthtalk.org.uk/ 01727 868684 info@youthtalk.org.uk
Citizens' Advice Bureau		http://www.sacab.org/index.htm Advice line 03444 111 444
Housing Advice		http://www.stalbans.gov.uk/advice-and-benefits/benefits/advice/ 01727 866100
Homestart		http://www.homestartstalbans.org.uk/ Tel/Fax 01727 833810 Email: office@homestartstalbans.org.uk
The Samaritans		http://www.samaritans.org/branches/samaritans-south-west-herts 01923 233 333 (local call charges apply) National telephone: 116 123 (this number is free to call) jo@samaritans.org

The next step

Whatever options you decide are most appropriate for you, it is important to ensure that you have appropriate follow up and support, be that with friends, family, your doctor, or other professionals. If you are taking medication for your mood, you will need to have a regular review with your GP, either by telephone or in the surgery

If you are having any difficulty booking a surgery appointment with your doctor, we recommend booking a telephone consultation with them first so that you can decide your next steps together