

All our services are confidential. You can let us know if you prefer to be contacted by phone or letter.

This information is intended as a guide only. If you are concerned about the mental health of yourself or another person, you may wish to consult your GP for further advice.

Contact details

Ribble Valley Healthy Minds
Marsh Way,
Off Pimlico Road,
Clitheroe,
Lancashire,
BB7 2BL
Tel: 01200 420499

Hyndburn Healthy Minds
The Mount,
Whalley Road,
Accrington,
Lancashire,
BB5 5DE
Tel: 01254 226007

Pendle Healthy Minds
Pendle House,
Leeds Road,
Nelson,
Lancashire,
BB9 9TG
Tel: 01282 657920

Burnley Healthy Minds
Gannow Lane
Resource Centre,
Burnley,
Lancashire,
BB12 6QH
Tel: 01282 657230

Rossendale Healthy Minds
Balladen House,
Union Road,
Rawtenstall,
Lancashire,
BB4 6NE
Tel: 01282 657790

Other sources of information:

MindInfoLine
0845 766 0163.

The Mental Health Helpline provides an information and listening service for people in Lancashire. It is available between 7:00pm and 11:00pm Mondays to Fridays and from 12:00 noon until 12:00 midnight on Saturdays and Sundays. Freephone 0500 639000.

The Patient Advice and Liaison Service provides advice and information. Please call the following numbers:

Lancashire Care NHS Foundation Trust PALS
01282 474178 / 07507 857345

NHS East Lancashire PALS
0845 6031068 / 07884 180309

Psychological Wellbeing Practitioner Team
01282 648335



Let's talk

Helping you to cope



If you have problems reading the print, we can provide this leaflet in large print, audio book or Braille.

এই ডকুমেন্ট অনুরোধে বাংলায় পাওয়া যায়।

本文件可以應要求，製作成中文（繁體字）版本。

આ દસ્તાવેજ વિનંતી કરવાથી ગુજરાતીમાં મળી રહેશે.

ਇਹ ਦਸਤਾਵੇਜ਼ ਮੰਗ ਕੇ ਪੰਜਾਬੀ ਵਿਚ ਵੀ ਲਿਆ ਜਾ ਸਕਦਾ ਹੈ।

درخواست پر یہ دستاویز اردو میں بھی مل سکتی ہے۔

To order further copies of this leaflet please contact: 01772 695300.

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Do you want more information about Healthy Minds? Visit www.eastlancshealthminds.nhs.uk for resources, self help guides and a directory of services.

When we need help

Many people experience common mental health problems at some point in their lives. Life changing events like the loss of a loved one, loss of employment, or even just everyday life stresses can lead to difficulties and you may need help and support. Common mental health problems are easily developed. Mild depression, anxiety, stress, panics, eating problems and loss of sleep make it difficult for us to cope with life's daily demands.

Who is there to help?

Healthy Minds is a service to help you when support is needed. We can work with you to help you examine how you are coping and develop your coping skills.

All staff have received special training to offer support through a stepped model of integrated care. This includes:

- Mental Health Practitioners (these could be nurses or social workers for example)
- Psychologists
- Occupational Therapists
- Cognitive Behavioural Therapists
- Counsellors
- Psychological Wellbeing Practitioners

Where can I get help?

Initially you can go to your GP who will refer you to our service. Other health professionals can also refer you to us including Midwives, Health Visitors and Practice nurses. All we ask is that you are over 16 years of age. Once you have been referred we will work with you to explore the problems you are facing and identify how best to deal with them.

What is available?

The team can offer support in a number of ways. Depending on your needs these may include:

- **Guided self-help** focuses on empowering people to make changes at a pace that suits you.
- **Counselling** to help address difficult life events and problems you may experience in relationships.
- **Cognitive Behavioural Therapy (CBT)** is a talking treatment that looks at how thoughts affect emotions whilst helping you to identify goals.
- **Computerised Cognitive Behavioural Therapy (cCBT)** is a computerised form of CBT
- **Access to a range of other professionals** for example Occupational Therapists, Nurses and Psychologists.
- **Signposting** to put you in contact with other services that can offer you help and support.

We offer three 'steps' of treatment depending on the level your needs. If more intensive care is needed we can refer you to the appropriate place to get help.

Step 1 Primary Care (IAPT Service)	Recognition of problem	Assessment / Watchful Waiting
	Obsessive Compulsive Disorder (OCD) mild	Guided self-help
Step 2 (Low Intensity Interventions)	Generalised Anxiety Disorder (GAD) mild	cCBT, guided self-help, pure self-help, psychoeducation groups
	Panic disorder mild – moderate	cCBT, guided self-help, pure self-help
	Depression mild – moderate	cCBT, guided self-help, behavioural activation
Step 3 (High Intensity Interventions)	Obsessive Compulsive Disorder (OCD)	CBT
	PostTraumatic Stress Disorder (PTSD)	CBT, Eye Movement Desensitisation and Reprocessing (EMDR)
	Social Phobia	CBT
	Generalised Anxiety Disorder (GAD)	CBT
	Panic Disorder	CBT
	Depression mild – moderate	Counselling
	Depression mild, moderate and severe	CBT, behavioural activation

How quickly can help begin?

- Once we receive a referral we aim to contact you as swiftly as possible to ensure that you get the help and support that you need.
- A telephone or face to face assessment will then be arranged, usually at your GP surgery or other local health centre.
- Typically we will work with you over a short period of time to help resolve your problems.

