

## What happens next....

**Call 0800 923 0222**

Monday to Friday 9am to 5pm  
(excluding Bank Holidays)

Or

**Self-refer via**

[www.wolverhamptonhealthyminds.nhs.uk](http://www.wolverhamptonhealthyminds.nhs.uk)



**Provide us with your details** and arrange your first appointment with us



**Talk with the Therapist**  
and agree the best way forward  
to get the help you need

Together with you to achieve  
**healthier, happier lives**



**Call 0800 923 0222**

Monday to Friday 9am to 5pm  
(excluding Bank Holidays)

Or

**Self-refer via**

[www.wolverhamptonhealthyminds.nhs.uk](http://www.wolverhamptonhealthyminds.nhs.uk)

or TEXT 07800 006474

### We welcome referrals from other Professionals

Referrals can be discussed with the  
duty Clinician by contacting WHMs on  
**01902 441856**

After this discussion, referrals should  
be sent to:

**email:**

[bchft.wolverhamptonhealthyminds@nhs.net](mailto:bchft.wolverhamptonhealthyminds@nhs.net)

### We welcome your views

Please ensure that you complete the  
Patient Experience Questionnaire  
given to you about your experience of  
using Wolverhampton Healthy Minds  
service.

**If you wish to feedback formally,  
please contact:**

Patient Advice and Liaison Service  
(PALS)

**Tel:** 0800 587 7720 (Freephone)

**Email:** [bchft.sed@nhs.net](mailto:bchft.sed@nhs.net)

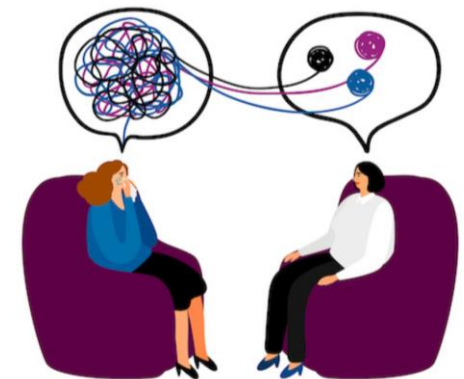
Nov 2020 V2

**NHS**

**Black Country Healthcare**  
NHS Foundation Trust

## Wolverhampton Healthy Minds

A service for people who are  
feeling stressed, anxious, low in  
mood or depressed.



To book your initial appointment,  
call

**0800 923 0222**

[www.wolverhamptonhealthyminds.nhs.uk](http://www.wolverhamptonhealthyminds.nhs.uk)

or TEXT 07800 006474

**iapt**

Improving Access to Psychological Therapies

**NHS**

## Who does Healthy Minds support?

Anyone who is over the age of 16 years and registered with a GP in Wolverhampton, who may be experiencing:

- Stress
- Low mood
- Anxiety
- OCD
- Panic
- Phobias
- Pre & post-natal emotional wellbeing

or

- Dealing with a difficult life event
- Living with a long term health condition



## How can Healthy Minds help me?

You will be able to talk about your concerns; this may be by telephone or in person

- You will be listened to without prejudice
- You will learn skills and strategies to help you make positive changes in your life

## The treatment you are offered may include the following:

- Psychological Education materials and courses
- Guided self-help, helping you manage your symptoms of anxiety, low mood or stress
- Individual/ group Cognitive Behavioural Therapy (CBT) – face to face, or via telephone or video call
- Eye Movement Desensitization and Reprocessing (EMDR)
- Counselling
- Interpersonal Therapy (IPT)
- Recommended helpful reading
- Online self-help programmes

## How soon will I get help?

We will take your details and if Healthy Minds is right for you, we will offer you an assessment to discuss what will be most helpful.

This first step will generally be a telephone appointment, so please let us know if this is a problem for you. Your telephone appointment will be within 28 days of your first call to the service.

## Your local service

Our staff work across Wolverhampton. This means we can provide you with help close to where you live.

The service is run jointly by Black Country Healthcare. All staff are trained in the use of psychological therapies.

## Additional Sources of Help

For 24 hour confidential emotional support and guidance, contact:  
**Black Country Mental Health Helpline**

**0800 008 6516**

**Wolverhampton Women's Aid**

**0800 019 4400**

**Citizens Advice Bureau  
Wolverhampton**

**0344 411 1444**

Healthy Minds provides support for Carers, but additional support is available at:

**Wolverhampton Carer Support**

**01902 553409**

## Useful Websites:

[www.wolverhamptonhealthyminds.nhs.uk](http://www.wolverhamptonhealthyminds.nhs.uk)

[www.citizensadvicewolverhampton.org.uk](http://www.citizensadvicewolverhampton.org.uk)