

## More information

Healthy Minds is a service for any person experiencing anxiety or depression in Buckinghamshire, or at various community locations e.g. Aylesbury, Amersham and High Wycombe. Please contact us at:

Healthy Minds  
Buckinghamshire Primary Care Wellbeing Service  
Floor 2, Prospect House  
Crendon Street  
High Wycombe  
HP13 6LA

Call: 0844 2252 400  
Fax: 0844 2252 401  
Email: [healthy.minds@buckspect.nhs.uk](mailto:healthy.minds@buckspect.nhs.uk)  
[www.healthymindsbucks.com](http://www.healthymindsbucks.com)

\*The cost of a call from a BT land line will be no more than the cost of a local BT landline call, however calls from mobiles or other providers may be charged at a different rate.

## Alternative language or format

If you require this guide in a different language or format or larger type size please contact us and we will do our best to help.

Call: 0800 328 5640  
Email: [pals.complaints@buckspect.nhs.uk](mailto:pals.complaints@buckspect.nhs.uk)

Patient Advice and Liaison Service (PALS)  
Buckinghamshire PCT, Rapid House  
40 Oxford Road, High Wycombe, HP11 2EE

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Communications Team 01494 552250. Ref:019.2009 [www.buckspect.nhs.uk](http://www.buckspect.nhs.uk)

# Healthy Minds



## Healthy Minds

Healthy Minds is a service for any person experiencing anxiety or depression.

We can all feel low or anxious at times but sometimes the problems get worse and affect our day to day lives. You may feel alone or panicky, find yourself crying more than usual, find it difficult to do your job or to get pleasure out of anything.

Many people who experience these problems and feel this way have found that, with help from us, there is a lot they can do to feel better. In the end we hope you will be able to say what others who have used this service have said:

*"It really helped me clarify my problems."*

*"It was great and my therapist was superb. I came out of the first appointment feeling as if I had already had the therapy."*

*"The therapy helped me so much and I feel a lot better."*

The service provides access to evidence based psychological therapies recommended by the National Institute for Health and Clinical Excellence (NICE) for the following conditions:

- Generalized anxiety disorder
- Specific phobias
- Social phobia
- Panic disorder
- Obsessive compulsive disorder
- Post traumatic stress disorder
- Depression

*Reaching out for help is often the most difficult step.*

## How to get help

You can access the service through:

- Your General Practitioner
- Any health or social care professional
- Any mental health voluntary organisation
- Job Centre Plus
- Your employer
- Any education or training organisation
- Self referral - by ringing, writing or emailing the Healthy Minds service

## About us

Healthy Minds offers access to talking therapies, practical support and employment advice quickly and easily.

We are a fast acting service and we aim to contact you by telephone within one week, offering you the help you need when you really need it. We can work with you on the telephone, see you at your GP practice or at various community locations. We will keep in contact with you regularly to help you with your recovery.

### Someone to help you

You will be allocated a named therapist who will discuss your needs with you and explain what options for help or support are available.

### Helping yourself to feel better

To help you to tackle your problems we can offer effective talking therapies to:

- Understand why you feel as you do
- Look at the links between your feelings, thoughts, symptoms and behaviours
- Find out what you would like to change
- Discover new ways of coping now and in the future

Practical advice and support is also available to deal with everyday problems e.g. housing, leisure, finance and social life.

Employment advice to help you to keep your job or find work.

Sign-posting –information about a wide range of organisations and services that can offer additional help.

*There is also a People Involvement Forum for people who have used the service to give us the benefit of their experience and offer suggestions to improve Healthy Minds. Details on how to join the group are available from your first appointment.*

