

Key things to remember

If you **can't attend** your session, please **let us know!**

If you have any concerns about the therapy, try to speak to the therapist. They will always listen and try to solve any problems that are getting in the way.

We are working to be the best service we can possibly be. This means that the therapist will work hard to constantly improve their work. Sessions may be recorded so that the therapist can check things are going well. A supervisor may also be asked to come and sit in on the group from time to time, and we will always let you know if that might happen.

As part of the therapy you will be asked to do things outside of session, and this is where a lot of the 'work' of therapy takes place.

If you **change your GP** at any time, please let us know as soon as possible. It is very important that we have their up to date contact details.

If for any reason you decide to stop therapy, you can come back to us any time, even if we have discharged you. Just call **0141 451 0590** and we will speak with you over the phone to plan the next steps.

Feedback

We would love to hear from you!
If you have any concerns, comments or compliments, please let us know.



Bridges Main Telephone Number:
0141 451 0590

Helpline Information

If your condition deteriorates while you are waiting to be seen, **return to your GP or seek medical advice.** ****We can't accept urgent referrals; however, you can contact your GP or call these numbers for assistance:**

NHS 24: **111**
Out of Hours NHS: **0845 650 1730**
Samaritans: **116 123**
Breathing Space: **0800 83 85 87**
6pm - 2am Mon - Thu
6pm - 6am Fri - Mon



Bridges

Primary Care Mental Health Team

Starting a Treatment Course

[WHAT TO EXPECT](#)

Bridges Primary Care Mental Health

Team is a primary care psychological service which offers a range of 1:1 and group therapy options to help with issues of **stress/anxiety and depression/low mood**. You will have had an opportunity to speak with someone about the options and what you hope to achieve. This leaflet explains a little more about what to expect.

Your appointments

1:1 or group treatment will follow a set course; either pre-determined or agreed with your therapist.

It is important that you attend every session. Your therapy will begin by looking at the nature of the problem you are dealing with. You will learn tried and tested ways of managing that problem better. Therapy will include self-help exercises within the sessions to practice between sessions.

This therapy works best when focused on what you want to achieve so that at the end of therapy you can see real changes. For this reason, it is helpful before your first session if you consider the following questions:

- What would you like to achieve in therapy?
- How will you know if therapy has been successful?
- What would get in the way of you achieving your goals?

CBT-based Interventions offered

Cognitive Behavioural Therapy (CBT) is a psychological approach that links how we feel with the way we think and the way we behave. Therapy is focused on identifying what has maintained your difficulties and how we can interrupt these 'vicious cycles'. The range of therapies include:

- Mood Skills Workshop (*a 5-hour interactive session covering self-help skills*)
- Group Therapy courses (*for Depression, Anxiety, (Sleep Problems and long-term conditions planned for future)*)
- 1:1 CBT
- 1:1 Counselling

Following your initial screening, you will be matched to the most suitable intervention to meet your needs.

How to Access the service

- You can **go to your GP** who may make a referral
- You can **self-refer**:
- using the online form on:

<http://www.eastrenfrewshire.gov.uk/bridges>

- If you are over 65 and wish to access the **'Wise Connections' service** you can phone **0141 451 059**, or
- use the online self-referral form above

When we receive your referral:

You will receive a letter about the next step of the process, following which a telephone screening to assess your specific difficulties will be carried out. You will then be placed on the appropriate waiting list for treatment.

Confidentiality

When using our service your information is kept on our secure database. This information can only be seen by our staff and is not shared with anyone else.

We will not talk to anyone outside of our service about anything that is discussed in therapy

There is one important exception for this: if we are worried about your safety, or the safety of someone else

If we do need to talk to someone else, we would always try to discuss this with you first, explain our reasons, and explore any concerns you have. Usually the people we would talk to would be your GP

You can talk to anyone you like about your therapy; you may find it helpful to share what you are learning with important people in your life, so they can understand the changes you are making, and what works best for you.