

Parkbury House Surgery

Options for dealing with Depression and Anxiety- A Patient Information leaflet

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:

- Patient.Co.Uk (<http://www.patient.co.uk>) is an excellent source of information for both patients and medical professionals. Leaflets are available covering many different mental health topics, including:
 - Anxiety - a self-help guide (<http://www.patient.co.uk/health/Anxiety-A-Self-Help-Guide.htm>)
 - Depression - a self-help guide (<http://www.patient.co.uk/health/Depression-A-Self-Help-Guide.htm>)
 - Cognitive Behavioural Therapy (<http://www.patient.co.uk/health/Cognitive-Behaviour-Therapy-%28CBT%29.htm>)
- Books on Prescription: available from your local library:
 - View the Books on Prescription leaflet (<http://www.hertsdirect.org/infobase/docs/pdfstore/bopguide.pdf>) - includes Frequently Asked Questions
 - View the Booklist (<http://www.hertsdirect.org/infobase/docs/pdfstore/bopbplist.pdf>)

Counselling

- Visit the British Association for Counselling and Psychotherapy (<http://wam.bacp.co.uk/wam/SeekTherapist.exe?NEWSEARCH>) to search for a local accredited counsellor. There are also some useful links on the page including "What is Counselling?" and "How to get the most out of your therapist"
- Local counselling services (some voluntary, some private) include:
 - St Albans & District Counselling and Psychotherapy Group (<http://www.stalbanscpg.org>) Email: info@stalbanscpg.org
 - St Albans Counselling Centre (<http://www.esacc.org.uk>) Email: stalbanadmin@hbcf.co.uk, Tel: **01727 856693**
 - St Albans & District Bereavement Network (<http://www.sabn.org.uk/index.htm>) Email: help@sabn.org.uk, Tel: **01727 841841**

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. We would recommend you contact the British Association for Behavioural and Cognitive Psychotherapies (www.babcp.com). **Tel. 0161 705 4304** to find a therapist in your area.
- Free online CBT resources are available. Recommended sites include Mood Gym (<http://moodgym.anu.edu.au/>) and Living Life to the Full (<http://www.livinglifetothefull.com/>).

Drug treatment

- 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 this link to find out more about SSRI's (<http://www.patient.co.uk/health/Antidepressants-SSRIs.htm>)

Single point of contact

The Single point of contact number (for improving access to psychological therapies) is **03007 770 707**.

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

Big White Wall <https://www.bigwhitewall.com> is a 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 useful links and contact details for local organisations offering further information and support:

- Depression Alliance (<http://www.depressionalliance.org/>) **Tel. 01727 762347** (for groups in Hertfordshire) and **Tel: 0845 1232320** (to request information pack)

- Drugs and Alcohol
 - Frank (<http://www.talktofrank.com/contact-frank>) -National, confidential drugs advice and support. **Tel. 0300 123 6600**
 - Spectrum - Hertfordshire Drug & Alcohol Services – St Albans **Tel: 01727 847277**
- Youth Talk - a counselling service for people aged between 14 and 25) (<http://www.youthtalk.org.uk/>) **Tel. 01727 868684**. Email:info@youthtalk.org.uk
- Citizens Advice Bureau, St Albans (<http://www.stalbans-cab.org/index.htm>) **Tel. 01727 855269**
- Housing Advice from St Albans City & District council (<http://www.stalbans.gov.uk/housing/housing-advice/>) **Tel. 01727 866100**.
- The Samaritans (http://www.samaritans.org/talk_to_someone.asp) **Tel. 01923 233 333** (Watford) or **08457 90 90 90**. Email: 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 the next step together.