

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 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](#)
 - [Depression– a self-help guide](#)
 - [Cognitive Behavioural Therapy](#)
- Books on Prescription: available at your local library
 - [Reading Well Books on Prescription](#)

Counselling

- Visit the [British Association for Counselling and Psychotherapy](#) 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](#)
Email: info@stalbanscpg.org
 - [St Albans Counselling Foundation](#)
Email: foundation@counsellingfoundation.org. Tel: 0300 303 6690
 - [St Albans & District Council Bereavement Support](#)

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www.parkburyhouse.nhs.uk

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](#) (Tel. 0330 320 0851)

Free online CBT resources are available. Recommended sites include [Mood Gym](#) and [Living Life to the Full](#)

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). [Click here](#) to find out more about SSRI's.

Single Point of Access (SPA)

The Single point of contact number (for improving access to psychological therapies) is 0800 644 101. The number is available for anyone to use, to self-refer for psychological support to the Wellbeing Team.

There are other helplines and services available on the [Hertfordshire and West Essex Integrated Care System](#) website.

Togetherall

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[Togetherall](#) 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, Togetherall is completely anonymous so you can express yourself freely and openly. Professionally trained 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:

- [MIND](#)
- Drugs and Alcohol
 - [Frank](#) - National, confidential drugs advice and support.
 - [Spectrum](#) - Hertfordshire Drug & Alcohol Services
- [YouthTalk](#) - a counselling service for people aged between 14 and 25
- [Citizens Advice](#), St. Albans
- [Housing Advice from St Albans City & District council](#)
- The [Samaritans](#) - Call 116 123 for free

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.

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