

## What our patients say

"It was pretty instant, the GP referred me and then next thing I was attending the sessions. I found the CBT exercises themselves quite useful as well as having somebody telling you it's alright to feel this way, because I thought I was going mad! So to have someone say 'you're not going mad, this is temporary, it's okay to feel like this' was a big help."

"I would probably have fallen apart in the last year if it weren't for our sessions and all your kindness and patience."

## Contact us:

online:

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

phone:

**023 8038 3920**

You can also access the service through your local GP.

### Remember

If you need urgent help, you should contact your GP and request an emergency appointment or call the Samaritans on freephone **116 123**.

If you feel at risk of harming yourself or others – go straight to your nearest Accident and Emergency department or call **999**.



@italkHants



italk Hampshire



italk

## Depressed, Anxious, Feeling Stressed?

### We could help

italk offers FREE guided self-help and talking therapies for people with common mental health problems

Visit our website to read more of our patients' experiences.

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for better mental health  
Solent

  
Southern Health  
NHS Foundation Trust

italk is provided by Southern Health NHS Foundation Trust and Solent Mind

## Who can we help?

italk can help anyone who is experiencing common mental health problems and aged 16 and over and registered with a GP in:

- Andover
- Basingstoke
- Bordon
- Eastleigh
- Fareham
- Gosport
- Havant
- Hayling Island
- New Forest
- Petersfield
- Romsey
- Waterlooville
- Winchester

## What common mental health problems can we treat?

italk can treat a range of common mental health problems including:

- Depression
- Generalised Anxiety Disorder (GAD)
- Stress
- Agoraphobia
- Health Anxiety
- Obsessive Compulsive Disorder (OCD)
- Post Traumatic Stress Disorder (PTSD)
- Panic Disorder
- Social Anxiety
- Specific Phobias
- Insomnia

Recent statistics suggest that one in four people will experience a common mental health problem each year, with one in six people experiencing one each week in the UK.

## What kind of treatments do we offer?

italk offer a range of options to ensure you can get the most appropriate treatment in a way that suits you and fits around your work, life and family commitments. We can offer:

- One to one treatments (via telephone or face to face)
- Guided Self-Help
- Group Workshops
- Cognitive Behavioural Therapy (CBT)
- Computerised CBT
- CBT-i for insomnia
- Interpersonal Therapy (IPT)
- Couples therapy for depression
- Employment support and advice
- Signposting

Visit [www.italk.org.uk](http://www.italk.org.uk) for more information.

## How can I access the service?

italk is really easy to access. You can refer yourself to the service using our website (including a new direct booking function) or over the phone using the details below:

website: [www.italk.org.uk](http://www.italk.org.uk)  
phone: **023 8038 3920**

However, if you're not comfortable with that you can speak to your GP who can refer you directly. If you call us but can't get through please leave a message so that we can call you back!

It is important to note that if you are currently open to another service, such as a community mental health team or a counselling service then we are unable to see you.

## What is the process?

