

Mindsmatter is the primary care talking therapies wellbeing service. We support clients across the whole of Lancashire, and we have a designated Blackburn with Darwen team providing local supports accessible to adults 16+

Here is just a snapshot of some of the things we can support with- please feel free to ask for a Menu of Service, from Arrim or Rachel, and do feel free to ask any questions to find out more:

1. **Stress control**- this is a 6 week Self help class looking at how to manage stress, anxiety and depression. We talk about how stress affects us physically, affects the way we think, and what we do in times of stress, and give different ways we can look managing stress in different ways.
2. **Living Life to the Full** – This is an Online CBT based course for support managing depression, this is supported with regular review sessions with our facilitator. Living life to the full is 8 sessions that can change your life! It is flexible, you have an account and can do it anytime, and you also get provided with great Self-help books to keep!
3. **Sleepio**: Trouble Sleeping? The top professionals in sleep have come together to create Sleepio (www.sleepio.com) – a 6 week online course for techniques to improve sleep, and deal with the factors affecting poor sleep. Its £90 to do it without us – **WITH US ITS FREE.**
4. **Silvercloud** –This is our new online programme, again supported with a facilitator, this can support anybody who needs Space for learning and self care, and can include looking at issues such as Body image, Low self esteem, anxiety and depression, OCD, relaxation. It is flexible and can be completed anywhere, perfect for busy people and students. Follow up reviews can be done either by phone or through message reviews with the client. Its really interactive and it has space to look at others feedback on the modules, as well as guiding through applying the approaches. You can learn more here- ---- <https://www.youtube.com/watch?v=k6n2moqq7fU>
5. We also offer 1:1 supports where people would like to work more intensely on their difficulties. We have a dedicated team of **Psychological Wellbeing Practitioners** who offer 6-8 Low intensity CBT based Self help sessions for common mental health problems such as Depression, Anxiety, Worry, Stress, Panic, and Sleep problems, and problem solving difficulty.
6. We also have **Counselling, and CBT.**

Mindsmatter

Talking Therapies provided by Lancashire Care

Anyone can access us to discuss their needs and establish the most appropriate treatment, and when they feel ready to engage in some support for their difficulty. Here's how they can access us

Self-refer by phone on **01254 226 037**, or by filling out a Self-referral leaflet and freeposting it back to us. You can still access us by seeing your GP to refer as usual, but this comes with its practical difficulties- come straight to us

Everybody who wishes to consider the treatment we offer will be offered a "Welcome Call" – in this we give a 30 minute booked appointment to speak about their main difficulty and what they wish to gain from our involvement. From this we are able to support the client to decide on the most appropriate options for treatment,

Current waiting times for 1:1 – this does not apply to group and courses. (this naturally varies over time but as it stands.....)

PWP: 6 weeks

CBT: 9 weeks

Counselling: 11 weeks.

This is quickly reducing and we are working towards all therapies being under 6 weeks wait, which is on the way to being achieved over the next couple of months.

Anyway questions, don't hesitate to contact us. We are always working to develop our links with community services and currently facilitate taster Psychoeducational sessions for many community services. Please get in touch if you would like us to work in partnership to improve access to psychology therapies for your service users.

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