

Kirklees Talking Therapies Service

Access to Treatment

Due to our team expanding, we are able to offer assessments within a day of referral depending on availability. This can be booked in by ringing our admin team, by e-referral on our website or by contacting your GP. We also continue to offer short waiting times for Low-Intensity Cognitive Behavioural Therapy via telephone or video as well as immediate access to our computerised Cognitive Behavioural Therapy programme, SilverCloud, which can be directly accessed by signing up via our website.



'Speak Their Name' Suicide Memorial Quilt Roadshow Tour Kirklees 2023

Throughout June we have been supporting the 'Speak Their Name' Suicide Memorial Quilt Roadshow June visiting various venues across Kirklees. We will be continuing to support the roadshow for the final week 3rd—7th of July.



Choose & Book

We are gradually introducing a new process for booking appointments called Choose & Book. It will allow service users to pick the day and time of their appointment online, providing multiple options to fit around their schedules. For those of you currently under our service, you will receive an email explaining Choose & Book in more detail.

Highest Referrers in June:

Viaduct PCN

Upcoming Courses

We have started our face-to-face Stress Control Course in Huddersfield again and will have these regularly over the year. Each of our courses are held once a week for 6 weeks. The details for the next upcoming courses are below:

Pre-recorded Stress Control Course

Monday 10th July

Via video

1 session per week that can be watched any day/time.

Live Stress Control Course

Tuesday 8th August

Held face to face at Folly Hall between 5:30pm and 7pm

Long-term Conditions Course

Thursday 24th August

10:30-12:00 via Teams

Meet the Team

Our trainee PWPs are progressing with their training and have now started offering Low Intensity CBT based Guided Self Help treatment.



Our trainee CBT therapists will be continuing treatment with clients and are working towards their next University assessment.

We would also like to welcome Marcine Hammond our new CBT Therapist to the team!

Recent feedback from a client who had Cognitive Behavioural Therapy:

"Really great I didn't realise I could learn such useful tools and see such a fast change thank you. My therapist was really supportive throughout, she was great"



Be sociable with us!

Facebook: [@Kirklees Talking Therapies](https://www.facebook.com/KirkleesTalkingTherapies)

Twitter: [@CandKTT](https://twitter.com/CandKTT)

If you would like to be added to the newsletter mailing list please email us:

kirklees.talkingtherapies@swyt.nhs.uk

How to refer to Kirklees Talking Therapies Service:

01484 343700

www.kirklees-talkingtherapies.nhs.uk