

Kirklees Talking Therapies Service

Access to Treatment

Clients can self-refer to our service by completing our online referral form via our website or by contacting our main office by phone on **01484 343700**. Our Choose and Book system continues to provide simple access to our available appointments, for clients to choose a day and time that is most convenient to them. We are continuing to offer clients assessments in a timely manner within as little as 2 weeks.

We currently have short waiting times for Low Intensity Cognitive Behavioural Therapy as well as immediate access to our computerised CBT programme, SilverCloud. Dependent on client need, we also offer Cognitive Behavioural Therapy, Counselling for Depression, Interpersonal Psychotherapy, EMDR and Couples Therapy for Depression.

Mental Health Awareness Week

This year Mental Health Awareness week takes place from 13th May to 19th May 2024.

The theme is **Movement: Moving more for our mental health.**

Regular physical activity is known to improve our mental health, quality of life and wellbeing. Our bodies and our minds are connected, so looking after ourselves physically has great benefits. Exercise releases feel good hormones known as “endorphins”. Which trigger a positive feeling in our bodies. Walking, biking, dancing, low impact aerobics, yoga, playing tennis and swimming are just some examples of getting us moving more to reap the benefits of exercise.

Mental Health Foundation have recommended schools, workplaces and communities organise a “**wear it green**” day one day in the week to raise awareness for mental health. They have invited us all to join them in wearing green on **Thursday 16th May 2024**.



Upcoming Courses

Our face-to-face courses are held at Folly Hall in the centre of Huddersfield. The details for our upcoming face-to-face and online courses are below:

<p>Online Stress Control Course</p> <p>Monday 17th June 2024</p> <p>6 week stress course via pre-recorded video links.</p>	<p>Pregnancy Wellbeing Group</p> <p>2024 dates to be confirmed. Please check our social media posts for updates. The group is ran by 2 psychological wellbeing practitioners and a Midwife</p>
<p>Long Term Condition Course</p> <p>Thursday 18th July 2024</p> <p>10.30-12 for 6 weeks via Microsoft Teams.</p>	<p>Face to Face Stress Control Course</p> <p>Tuesday 28th May</p> <p>5.30-7 for 6 weeks at Folly Hall Mill.</p>

Pregnancy Wellbeing Group

Within our service we run a group specifically for women who are pregnant and struggling with symptoms such as frequent worries and sleep difficulties.

The course lasts 6 weeks and each session is 1 and a half hours with a break mid way. It is ran by 2 Psychological Wellbeing Practitioners and a Specialist Midwife. The course looks at managing worries, relaxation, self-care, and routine.

Client's can access this course by booking an initial assessment within Talking Therapies or by speaking to their midwife who can make a referral to our service on their behalf for an assessment.



Highest PCN referrer in May

Viaduct PCN 178
The Valleys 159

Recent feedback from a client who had an assessment with NHS Talking Therapies:

“I felt the counselling was very helpful and the counsellor was skilled and empathetic. She phoned me exactly on time which is important. I was very happy with the experience and appreciated it.”



Be sociable with us!

Facebook: [@Kirklees Talking Therapies](#)

Twitter: [@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:

www.kirklees-talkingtherapies.nhs.uk/make-a-referral

01484 343700