

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 often have assessments available within 2 days of referring.



We currently have short waiting times for Low Intensity Cognitive Behavioural Therapy as well as immediate access to our computerised CBT programme, SilverCloud. We also offer High Intensity Cognitive Behavioural Therapy, Person Centred Experiential Counselling for Depression, Interpersonal Psychotherapy, Eye Movement Desensitization and Reprocessing, and Couples Therapy for Depression.

World Suicide Prevention Day

Tuesday 10th September 2024 is World Suicide Awareness day which is a day for everyone to come together to raise awareness and has been observed every year on 10th September since 2003. The theme for this year is "Changing the Narrative on Suicide" with the call to action "Start the Conversation". This theme aims to raise awareness about the importance of reducing stigma and encouraging open conversations to prevent suicides.



If you are experiencing any difficult thoughts and need support you can contact any of the following:

- Your GP surgery
- NHS 111 Service (Freephone, available 24 hours)
- Samaritans support line: 116 123 (Freephone, available 24 hours)
- Kirklees/Calderdale 24 hour SPA Team: 01924 316830
- Calderdale and Kirklees Mental Health Helpline 0800 183 0558

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:

Long Term Condition Course	Face to Face Stress Control Course
Thursday 12th September 2024	Tuesday 24th September
10.30-12:00 for 6 weeks via Microsoft Teams.	17:30-19:00 for 6 weeks at Folly Hall Mill.

Pregnancy Wellbeing Group

Our next group starts Wednesday 25th September 2024 10:30-12:00 for 6 weeks at Folly Hall Mill delivered by 2 of our Psychological Wellbeing Practitioners and a Midwife.

- Session 1 Introduction to CBT, Wellbeing and Anxiety
- Session 2 Managing Worry
- Session 3 Problem Solving
- Session 4 Panic and tackling avoidance
- Session 4 Self-care and balancing activities
- Session 6 Maintaining progress



If you are interested in our pregnancy wellbeing group please self-refer for an assessment with one of our PWP's.

Away Day

On Thursday 26th September we will be having our annual staff away day. It's a great opportunity for all our staff to get together. This year it coincides with the International Happiness at Work Week taking place with 23rd – 29th September.



Highest PCN referrer in August

Viaduct PCN

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



"I didn't know what to expect but I was surprised by how much I got from 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