



The Primary Care Mental Health and Wellbeing Service

Welcome to the Primary Care Mental Health and Wellbeing Service!

What does the Primary Care Mental Health and Wellbeing Service offer?

We offer short term therapeutic interventions for adults who are suffering with mild-moderate anxiety and/or depression. We also offer support to clients who have experienced single event traumas.

Developing your 'toolbox' of coping strategies and skills building.

Our service aims to provide you with a variety of 'tools' that can help you cope with anxieties and low mood. We do this in a variety of ways. Our first is with the use of workshops. Our workshops are held in Educational or Community settings e.g. The Health and Social Care Institute, Princess Elizabeth Hospital

Workshops

These skilled based workshops are extremely effective in providing practical strategies which can be practiced immediately following attendance of the workshop. At these workshops there is no expectation to share anything about yourself unless you choose to share this with the group.

Damien, Decider Skills Workshop: 'Extremely useful, at just the right time. Thank you.'

Claire, CBT Workshop: 'A very inspiring, entertaining workshop. Very informative. Thank you.'

Claire, CBT Workshop: 'Thank you so much for this course. I was very anxious about coming but am so glad I did. It was a serious topic presented in a fun way which will definitely help me with my emotions.'

What workshops are available?

Assertiveness

Do you find it hard saying no?

The assertiveness workshop is a psycho-educational workshop which provides skills to help you feel able to be more assertive, even when faced with situations where you feel it is impossible to be assertive. By attending this workshop you will learn about what assertiveness is, the different types of inter-personal communication styles, how to behave and sound assertive and how to say no even in challenging situations.

The workshop usually runs every two months and is split into two 1.5 hour sessions, usually on Tuesday afternoons.

Mood Boost Workshop

The 1.5 hour Mood Boost workshop uses CBT to help you understand depression and how it affects you, and will also guide you through effective steps to help you make positive changes.

The workshop runs every month on Wednesday afternoons.

The Decider Life Skills

Do you find that sometimes your emotions take over?

Would you like to learn to control your emotions?

The Decider Skills help you manage emotions effectively. By attending this workshop you will learn 12 effective skills that are based on Cognitive Behaviour Therapy (CBT) and Dialectical Behavioural Therapy (DBT). The skills are presented in a fun way which makes them memorable. CBT is one of the most commonly practiced forms of therapy today. This type of therapy helps people learn how their thoughts, impact their feelings and behaviours. DBT is a specific form of CBT which seeks to build upon the foundation of CBT.

This workshop is 2.5 hours and is usually run every two months on Tuesday afternoons.

Mindfulness Workshop

Do you find yourself often thinking about the past or worrying about the future?

Do you find it hard living in the present moment?

Mindfulness workshops offer a taster of, or an introduction to, mindfulness meditation as an evidence based resource for stress reduction. Mindfulness is proven to be effective for pain management, stress and anxiety management and for people living with depression. The workshop is set up to offer a relaxed learning environment and there is no expectation for people to share personal information about themselves. The workshop allows for learning about what mindfulness is and also gives people the opportunity to try mindfulness meditation in the session.

This workshop is 1 hour and usually runs every two months on Tuesday afternoons. *“If you want to conquer the anxiety of life, live in the moment, live in the breath.” Thich Nhat Hanh.*

Stress and Worry Workshop

Do you suffer from stress?

Are you constantly worrying?

This workshop is effective for people who are suffering from stress or/and find it hard to control worry. Stress and worry are both normal and natural feelings that everyone experiences. The stress and worry workshop focuses on identifying what stress and worry is, what causes it, what keeps it going, and what we can do about it, using evidence-based Cognitive behavioural Therapy (CBT). CBT is one of the most commonly practiced forms of therapy today. This type of therapy helps people learn how their thoughts, impact their feelings and behaviours.

This workshop is 2 hours and usually runs every two months on Monday afternoons.

CBT Skills for Anxiety

CBT helps you understand what is keeping your problem going. You will learn effective skills and strategies to help you break the vicious cycle of anxiety by making positive changes. CBT is one of the most commonly practiced forms of therapy today. This type of therapy helps people learn how their thoughts, impact their feelings and behaviours.

This workshop is 2.5 hours and is usually run every two months on Tuesday afternoons.

Self-Esteem Workshop

The 2 hour workshop, based on Cognitive Behavioural Therapy principles runs every two months on Monday afternoons

YOGA 6 Week Course by Steph Charlwood

Wednesdays date to be confirmed when enough people on list
5.00pm – 6.00pm at Beau Sejour

Further information about the workshops can also be accessed via the following link: <https://vimeo.com/208467570>

Single CBT Intervention Session

Single CBT assessment & intervention session with an experienced Cognitive Behavioural Psychotherapist.

This 60 minute intensive session will identify the main issues for you, provide you with your own formulation (how your difficulties fit together and how they impact on each other), and provide you with skills and suggestions for a way forward. A future plan will be discussed with you. You will then receive an email after the session, with links to webpages, mp3s and videos to help you learn and practise the strategies discussed.

Guided self Help

Guided self-help based on Cognitive Behavioural Therapy (CBT) techniques would help support you to become your own therapist with the guide and support of our Psychological Wellbeing Practitioners. Cognitive behavioural Therapy looks at how our thoughts, emotions, physical symptoms and behaviours are interlinked and how each of these have an impact on each other. These specific and focussed techniques help to provide skills to help you challenge your thoughts, alter your behaviours or reduce physical symptoms. By making such changes, we therefore help support you to break out vicious cycles of depression and anxiety.

How many sessions would I have?

If we feel that guided self-help is a suitable intervention, your progress will be reviewed with your Psychological Wellbeing Practitioner after 2 sessions. Following this, you will have the opportunity to have a collaborative discussion with your wellbeing practitioner and you may be offered a further 2-4 sessions.

How long are these sessions?

The initial session is between 50-60 minutes. The follow up sessions are generally shorter about 35 minutes long.

Am I suitable for this intervention?

Guided self-help is suitable for individuals who are suffering with mild to moderate general anxiety (worry), panic disorder, phobias and depression. This type of intervention is very practical based and requires a level of focus within sessions.

This intervention involves commitment and motivation to complete tasks between sessions.

What type of treatments would I be offered?

Behavioural Activation – A technique to help you become active and overcome low motivation.

Exposure Therapy – A technique which is effective to overcome avoidance.

Cognitive Restructuring – Learning ways to challenge your negative thoughts and generate alternative more balanced thoughts

Worry Management – A technique to learn to be able to manage worry

Sleep Hygiene – Learning ways to help to improve your sleep

Problem Solving - Problem solving helps you to distance yourself from your problems and to think about the different types of practical solutions that there may be.

Where are appointments held?

Appointments are held in either a community setting e.g St Martins Community Cent, the Guille Alles Library or a GP Surgery.

Other places to get help

Self-help online and other useful websites

Self-help website: www.get.gg/selfhelp.htm

Self-help skills: www.get.gg/stopp.htm

Self-help videos: www.get.gg/videos.htm

Self-help solutions: www.get.gg/solutions.htm

Self-help leaflets: www.nrw.nhs.uk/pic/selfhelp/

CBT Smartphone Apps: www.get.gg/links2.htm

Online and Computerised CBT links: www.get.gg/links2b.htm

Self-help materials: www.lttf.com/

Local sources of support

Further information about the variety of local sources of support available and sources of support for specific difficulties can be found via the following website:

www.get.gg/quernsey.htm and www.wellbeing.gg

Your feedback

We are always keen to hear feedback from you about your experience of the service. We have feedback forms following your treatment but if you would like to let us know anything about the processes etc then please contact us.

Emailing information in this way is a new addition to the service – we would love to have your views on this. Is emailing a good idea or is a phone call better? We changed the system based on feedback saying that there was too much information given verbally on the phone and phone calls were not always at a convenient time. What do you think?

What do I do now?

If you have anxiety or depression and you believe our service will be helpful for you, please ask your GP to refer you. In the future, we hope to offer an online self-referral service.

Enquiries: Email pcmhws@gov.gg or telephone 707744