



States of Guernsey
Public Health Services

Healthy Minds

Welcome to Healthy Minds!

What does Healthy Minds offer?

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

Part of the role of Healthy Minds is also to find the appropriate service to support your needs. Therefore, following your phone assessment, the practitioner may give you details for other community resources to contact. In some cases, we may make formal referrals to other services if we feel that this is within your best interests. This will always be discussed and agreed with you first

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.



The
Decider

The Decider Life Skills - Online Programme

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. 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.



Healthy Minds is now able to offer treatment using the SilverCloud online platform to access therapy for low mood, stress and anxiety.

This can be offered on a self-help basis, or with support from one of our Healthy Minds practitioners.

The programmes consist of evidence-based interventions to help address symptoms of depression, anxiety and stress.

SilverCloud is an evidenced based treatment which uses CBT (Cognitive Behaviour Therapy). CBT is an effective way of learning how thought, feelings and behaviours are linked, and learning to make positive changes.



It's Flexible

Access it 24/7, on your computer, tablet or mobile phone. At home, at work or elsewhere



Work at your own pace

Your supporter will provide feedback on your progress



It's easy to use

Interesting tools and activities make your experience engaging and motivating

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 experiencing 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?

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| Behavioural Activation: | A technique to help you become active and overcome low motivation. |
| Exposure Therapy: | A technique which is effective to overcome phobia. |
| 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 at Healthy Minds No.2 Cornet Street, or a community setting e.g. St Martins Community Centre, Guille Alles Library or a GP Surgery.

Other one-to-one therapies.

- Counselling
- CBT (Cognitive Behavioural Therapy)
- EMDR (Eye Movement Desensitization Reprocessing) www.emdr.com/what-is-emdr/
- CAT

To be discussed with a Healthy Minds clinician during an initial consultation to assess if appropriate.

Could be offered up to 8 sessions.

Other places to get help

Self-help online and other useful websites

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

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

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

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

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

Guernsey Employment Trust: <https://www.get.org.gg/>

Health Connections: <https://healthconnections.gg/>

Guernsey Mind: <https://www.guernseymind.org.gg/>

Bailiwick Social Prescribing: <https://bsp.org.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, or self-refer online. Our website contains a link to our self-referral portal.

- <https://gov.gg/healthyminds> -

Link - <https://www.iaptportal.co.uk/guernsey.html>

- Email healthyminds@gov.gg or telephone **227744**



QR code to website link

Following your referral, we will consider the information you have provided and contact you either recommend appropriate services to suit your needs, or to arrange an initial telephone consultation with one of our Healthy Minds clinicians.