

## I'm interested. What do I do now?

When your GP or other health professional has signed the slip on this page, you can call in or telephone the Walk In Centre on **01392 276892** to make an appointment. Bring this slip with you to your first appointment session.

**Your PCMHW at the Walk-in Centre is  
Suzette Wells**

*"I look forward to seeing you soon"*

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### Self-Help Clinic Referral Slip

**Please offer this patient an appointment at the Walk-in Centre  
Guided Self-Help clinic.**

Patient's name:

Patient's address:

Patient's date of birth:  
Patient's telephone no:

GP's name (CAPITAL LETTERS):

GP's signature:

Surgery:

*(If you are a health professional other than a GP making this referral give your name, title and workplace below. The patient's GP should be informed of this referral)*

Name:

Job title:

Workplace:

(WIC0206)

Exeter **NHS**  
Primary Care Trust

**GUIDED SELF-HELP CLINIC  
AT THE NHS WALK-IN CENTRE,  
SIDWELL STREET, EXETER**



**"Helping you to help yourself"**

February 2006

## What is the Primary Care Mental Health Worker service?

This is a new service aimed at helping people who may be experiencing difficulties such as:

- Depression or low mood
- Anxiety
- Panic attacks
- Low self-confidence
- Feeling life is getting on top of them
- Sleeping problems
- Work problems
- Stress



## How can the service help me?

There are lots of ways we can learn to help ourselves and manage our lives better. The Primary Care Mental Health Worker (PCMHW) will show you useful tools and techniques you can use to tackle your problem. The PCMW offers guided self-help cognitive behavioural therapy (CBT) and can signpost you to local and national organisations that can help you. Contact with the service is brief but supportive.

### Guided self-help CBT

The basis of CBT is that what people think affects how they feel emotionally and alters their behaviour. CBT focuses on the present rather than exploring past emotional issues and therefore is not a counselling service. Self-help CBT provides you with self-help material to increase your knowledge about your problem and to help you develop skills to manage your difficulties better.

## What happens during the sessions?

### Session 1:

You have up to 60 minutes to talk about your problem and decide with the PCMHW if self-help CBT is suitable for you. You will then be given some self-help material to work on.

### Session 2:

Two weeks after session 1 you return and spend 30 minutes discussing how you got on with your material – what went well, what didn't and what you are struggling with. You may be given some more material at this point if appropriate.

### Session 3:

During this session we will review how you have got on with the self-help and where you want to go from this point. If you feel you need further help of any kind this can be discussed. Session 3 takes place two weeks after session 2.

### Follow-up session:

Everyone is offered the opportunity to come back 12 weeks after their third session to discuss how they are and if there is anything else they need help with.

## What is expected from me?

Self-help requires you to be fairly motivated to change and to take responsibility for your own treatment plan, with appropriate professional support.

In between sessions you will be working on pre-agreed reading, practical and/or written tasks. These are done in your own time at your own pace. There is nothing you can 'fail' at in the material.

