



USEFUL TELEPHONE NUMBERS

HOURS:

Monday to Friday 9am to 5pm
(outside office hours please leave a message)

Once you have been referred by your GP or other health professional, you must telephone us to opt-in on

01274 221011

and we will arrange an appointment to speak to a member of the team to decide what will be the most appropriate therapy for you or signpost to another service to address your needs.

Cruse Bereavement

01756 79 77 99

Citizens Advice Bureau

0845 120 2909

Debt Centre (National)

0808 808 400

Guide-Line (12.00 - 21.00)

01274 594594

Mind Centre

01274 730815

Relate Pennine Craven & Keighley

01535 605047

Samaritans

01274 547547

Bradford and Airedale Community Health Services is responsible for providing NHS services in Bradford and Airedale and is part of Bradford and Airedale Teaching Primary Care Trust.

Psychological Therapies



Bradford and Airedale
Community Health Services



YOUR CHOICES

If you do not have access to a phone or have any communication difficulties, ask your GP or health professional to let us know so that we can contact you.

The following is a useful web site which will give you further information and support.
www.mentalhealthinbradford.nhs.uk

North Primary Care Mental Health Team

Unit 4 Park View Court
St. Paul's Road
Shipley
BD18 3DZ

Tel: 01274 221011
Fax: 01274 221013



Bradford and Airedale
Community Health Services



YOUR CHOICES

Sometimes it can seem like there are too many things to deal with and the simplest of things can feel too much to cope with.

You may feel alone or find yourself crying a lot and you may not want to be involved with your family or friends.

You may have no interest or find no pleasure in anything or even criticise yourself when you do things or believe others are critical of you.

Help is available:

We provide a confidential therapy service and we will help you work through these difficult feelings. We can also give you further information if needed.

Please ask your GP or any other health professional you are seeing about being referred to your local Primary Care Mental Health Team.

Working with other local services, we will help you to access psychological therapies which can help you with problems such as:

- Anxiety / Panic attacks
- Depression
- Post Traumatic Stress
- Obsessive Compulsive Disorder
- Bereavement
- Relationship issues
- Phobias
- Difficult life events


Appointments are provided in localities across Bradford, Airedale and Wharfedale including GP surgeries.

This service is available to people registered with Bradford and Airedale GPs who are over the age of 16 and not in full time school education. It is provided as part of the Government's Improving Access to Psychological Therapies (IAPT) initiative.

Following a telephone or face to face assessment, the best choice of treatment will be agreed and you may be offered:

- Information and advice
- Improving motivation
- Relaxation techniques
- Problem solving
- Assertiveness skills
- Self help guidance
- Group work
- Counselling (helps you to understand and adjust to painful life events or experiences)
- Cognitive Behavioural Therapy (looks at changing unhelpful thinking and/or behaviour patterns)

If required you may be referred to another agency or organisation which may be more appropriate to meet your identified needs.



YOUR CHOICES