

## Alternative formats

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Jeżeli chcieliby Państwo otrzymać kopię ulotki w innym języku lub formacie, np. w alfabecie Braille'a, w powiększonym druku lub jako nagranie audio, prosimy skontaktować się z:

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Если вам нужна данная информация на другом языке или в ином формате, как, например, шрифтом Брайля, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь:

**SPA Contact Centre**  
Sycamore Unit  
Beacon Lane  
Grantham  
NG31 9DF

Tel: 0303 123 4000 (charged at local rate)  
Fax: 01476 579011  
Email: [lincs.spa@nhs.net](mailto:lincs.spa@nhs.net)  
[www.steps2change.nhs.uk](http://www.steps2change.nhs.uk)

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Every effort has been made to ensure that the information in this leaflet was correct at the time of print. However, changes in law may mean that in time some details in this leaflet may be out of date. Anyone using our services will be treated with dignity at all times and their faith and cultural needs will be accommodated where practically possible. The Trust is fully compliant with the Data Protection and Confidentiality: NHS Code of Practice requirements. All quotes in this leaflet come from patients who have been helped by steps2change.  
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*Brilliant. Changed my way of thinking completely. We both cannot believe the change in my attitude and change to my health.*

*I enjoyed the weekly phone calls because it also allows me to reflect on what I have achieved during the week.*

## What does therapy involve?

Talking therapies usually involve weekly appointments with steps2change staff to work through your difficulties. You need to be able to commit to these sessions and be able to do some work at home in preparation for your next appointment.

**steps2change is for mild to moderate mental health problems. It is not an emergency service. If you need immediate help please contact your GP or their out of hours service.**

Alternative support services are detailed below:

- NHS 111 number
- Samaritans 116 123
- Sane Line – 0300 304 7000 (4.30pm-10.30pm daily)
- The Silver Line (helpline for older adults) 0800 470 8090
- Single Point of Access – 0303 123 4000 (24 hours a day)
- You can also present at your local A&E if you are unable to keep yourself safe or you have self harmed and require medical attention.

# 1 in 4

people experience problems with mental wellbeing

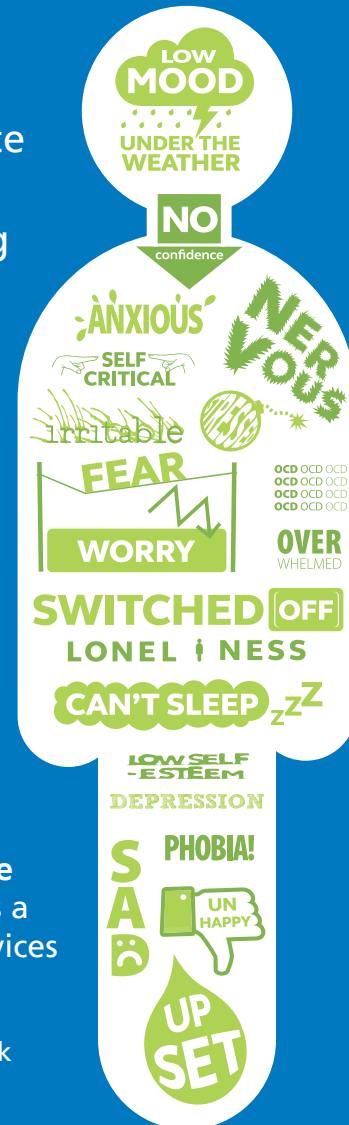
You are not alone.



Contact **steps2change Lincolnshire** to access a range of therapy services quickly and easily.

[www.steps2change.nhs.uk](http://www.steps2change.nhs.uk)  
0303 123 4000

@s2c\_Lincs



*I felt the course offered me everything I needed. It was then ultimately up to me to take everything I'd learnt and continue to change my life for the better... for me and my family.*

*My sessions have had a huge impact on my ability to live day to day and have enabled me to return to work a much more confident person. Thank you!*

## What is steps2change?

Everyone has mental health. One in four people at some point in their life experience problems with mental wellbeing. You don't need to struggle on your own! steps2change Lincolnshire provide short term therapy for people with common mental health problems. This is a FREE and confidential NHS service for anyone in Lincolnshire aged 16 or over who is feeling stressed, unhappy, depressed, sad, worried or anxious.

## How will steps2change help me?

Our team of experienced and qualified professionals will work with you to help you understand your problems and show you a new way of coping. You will get a chance to talk about your difficulties in a confidential and non-judgemental environment. Then you will receive an individually tailored treatment package to help put you back on the road to recovery.

Visit our website [www.steps2change.nhs.uk](http://www.steps2change.nhs.uk) for more details.

## How does steps2change work?

We have teams all over the county who offer a range of therapies for your individual needs. These may include individual, digital or group therapy sessions. We offer appointments throughout the day to suit your lifestyle at the following locations: Boston, Gainsborough, Grantham, Lincoln, Louth, Skegness, Sleaford, Spalding and Stamford.

## How to get help?

There are a number of ways in which you can access steps2change Lincolnshire:

- Fill in an online self-referral form available on our website [www.steps2change.nhs.uk](http://www.steps2change.nhs.uk)
- Contact our Single Point of Access Contact Centre by calling **0303 123 4000** (available 24/7).
- Discuss your problems with your GP or other health professional who can refer you to the service.

## What happens next?

You will be offered an initial assessment which will be carried out over the phone by a trained clinician.

During the assessment you will be asked questions about how you are feeling and behaving and what you are thinking to find the best way to help you. Everyone is different so we will work together to decide the most appropriate treatment.

We can also offer support via our Employment Advisor Service, for people who are having difficulties at work due to common mental health conditions.

## What help do steps2change offer?

Following assessment most people will initially be offered a CBT based guided self-help in the form of courses, computerised CBT, telephone sessions or face to face.

If following this course of therapy further treatment is indicated, we can then offer you this in the form of:

- Counselling for depression
- Cognitive Behavioural Therapy (CBT)
- Interpersonal therapy (IPT)
- EMDR – Eye Movement Desensitisation and Reprocessing therapy

These will be via groups or individual sessions.