



# Self help and support

How you can help yourself

[www.ntw.nhs.uk/selfhelp](http://www.ntw.nhs.uk/selfhelp)

Northumberland, Tyne and Wear NHS Foundation Trust provides a range of mental health, learning disability and specialist services for a large part of the North East of England and beyond.

**You may not think these services have very much to do with you, but mental health problems affect 1 in 4 people and there are a growing number of people with both learning and other disabilities.**

### **Self Help Guides**

The Trust produces a series of \*award winning self help guides which can be accessed at [www.ntw.nhs.uk/pic](http://www.ntw.nhs.uk/pic)

This booklet details some of the most popular guides in the series, a full list of guides is available at the back of this booklet.

The guides are meant as an introduction to self help techniques. You may need to seek additional support from a health professional.

\* British Medical Association Patient Information Awards

# Anxiety

Anxiety is something we all experience from time to time. It is a normal response to situations that we see as threatening to us. For example, if we had to go into hospital for an operation, or had to sit a driving test, or take an exam, it would be natural to feel anxious. Anxiety at certain levels can even be helpful in some situations such as when we need to perform well, or cope with an emergency.



To learn more about Anxiety see our self help guide at [www.ntw.nhs.uk/pic/selfhelp](http://www.ntw.nhs.uk/pic/selfhelp)

# Bereavement

Coping with bereavement and grief can be different for everyone and people can have quite different experiences when they lose someone close to them.

You can access further information about

- details of what needs to be done when there is a death.
- understanding some of the emotions which may be faced during a bereavement or loss.
- practical suggestions which may help you get through a bereavement.



To learn more about coping with Bereavement see our self help guide at [www.ntw.nhs.uk/pic/selfhelp](http://www.ntw.nhs.uk/pic/selfhelp)

# Controlling Anger

Everyone feels angry at times, this is often due to life stresses such as money or housing problems or difficulties in relationships. For some people the problem becomes much worse and gets in the way of normal life. Anger becomes a problem when it becomes too strong, happens too often and lasts too long.

If you have a problem with anger you probably already know it. You may feel that you can do little to control your anger – but there are things that you can do to make a difference.



To learn more about Controlling Anger see our self help guide at [www.ntw.nhs.uk/pic/selfhelp](http://www.ntw.nhs.uk/pic/selfhelp)

# Depression and Low Mood

Depression is a very common problem and many people feel low or down in the dumps at times. This may be due to life stresses such as bereavement, money or housing problems or difficulties in relationships. For some people the problem becomes much worse and gets in the way of normal life.

It may seem that nothing can be done to help you feel better. But there are things that you can do to make a difference. There is also further help you can get if the depression does not seem to be getting any better.



To learn more about Depression and Low Mood see our self help guide at [www.ntw.nhs.uk/pic/selfhelp](http://www.ntw.nhs.uk/pic/selfhelp)

# Health Anxiety

We all worry about our health from time to time, for example, if we had to go into hospital for an operation, or if we are recalled by our doctor following tests.

Health worries become a problem when they begin to get in the way of normal life even though there is no reason to think that anything is seriously wrong.

If you find yourself with many troublesome worries about your health you may be experiencing health anxiety.



To learn more about Health Anxiety see our self help guide at [www.ntw.nhs.uk/pic/selfhelp](http://www.ntw.nhs.uk/pic/selfhelp)

# Obsessions and Compulsions

Most people who have Obsessive Compulsive Disorder (OCD) find that there is a pattern in their thoughts, feelings and actions. They feel anxiety or discomfort at having the obsession, and relief once they have carried out the compulsive act. This becomes a vicious cycle which strengthens itself and becomes more likely to happen again.

Most people with OCD know that their compulsions are unreasonable or 'over the top' but they feel unable to control their thoughts or change their behaviour. People may think about seeking help when their lives are becoming disrupted by these unwanted thoughts and actions.



To learn more about Obsessions and Compulsions see our self help guide at [www.ntw.nhs.uk/pic/selfhelp](http://www.ntw.nhs.uk/pic/selfhelp)

# Panic

Everyone knows what panic is, and it is common to feel panicky from time to time. But this feeling should pass fairly quickly.

A panic attack is a bit like 'normal' panic but can affect people in many different ways. Feelings are unexpected, strong and often very physical they can feel extremely frightening. This can cause people to feel that something more serious, such as a heart attack is happening.

The self help guide provides information about recognising, understanding, accepting and learning techniques to reduce panic.



To learn more about Panic see our self help guide at [www.ntw.nhs.uk/pic/selfhelp](http://www.ntw.nhs.uk/pic/selfhelp)



# Post Traumatic Stress

A traumatic incident can be anything that is out of the ordinary range of daily events and is deeply distressing to someone. Many things can have this impact. It could be a fire, an accident, a robbery or burglary, an attack, being a witness to a traumatic event such as a death. It can be large scale such as a major disaster involving many people or a personal event involving yourself, friends or family members.

The self help guide will help you to understand reactions to trauma and offers some practical suggestions to help you cope.



To learn more about Post Traumatic Stress see our self help guide at [www.ntw.nhs.uk/pic/selfhelp](http://www.ntw.nhs.uk/pic/selfhelp)

# Shyness and Social Anxiety

Shyness and social anxiety are common problems that affect both men and women. Most of us feel shy or anxious in social situations at a certain point in our lives. This can be a much more serious problem for some people who find that their lives are made very difficult by their problem.

The self help guide aims to help you to:

- recognise whether you may have a problem with shyness or social anxiety;
- understand what it is, what can cause it, and what can help keep it going;
- look at ways you can help yourself to overcome shyness or social anxiety.



To learn more about Shyness and Social Anxiety see our self help guide at [www.ntw.nhs.uk/pic/selfhelp](http://www.ntw.nhs.uk/pic/selfhelp)



# Sleeping Problems

Sleep problems are very common and are often referred to as insomnia. People can become very distressed when they feel they are not getting a good night's sleep, which can make it harder to get off to sleep.

But what is a normal amount of sleep? How much sleep do we need? The self help guide will help you to understand sleep problems and to learn some simple ways to sleep better.



To learn more about how to cope with Sleeping Problems see our self help guide at [www.ntw.nhs.uk/pic/selfhelp](http://www.ntw.nhs.uk/pic/selfhelp)

# Stress

Stress is the word that many people use when they are describing how the demands of their life seem to be becoming too great for them to cope with. Whilst many of us suffer with stress at times in our day to day lives, long-term stress is known to be bad for our health and many of us would like to find ways to gain some control over it.



To learn more about how to cope with stress see our self help guide at [www.ntw.nhs.uk/pic/selfhelp](http://www.ntw.nhs.uk/pic/selfhelp)

**For a full list of guides in this series please see the list at the end of this booklet.**





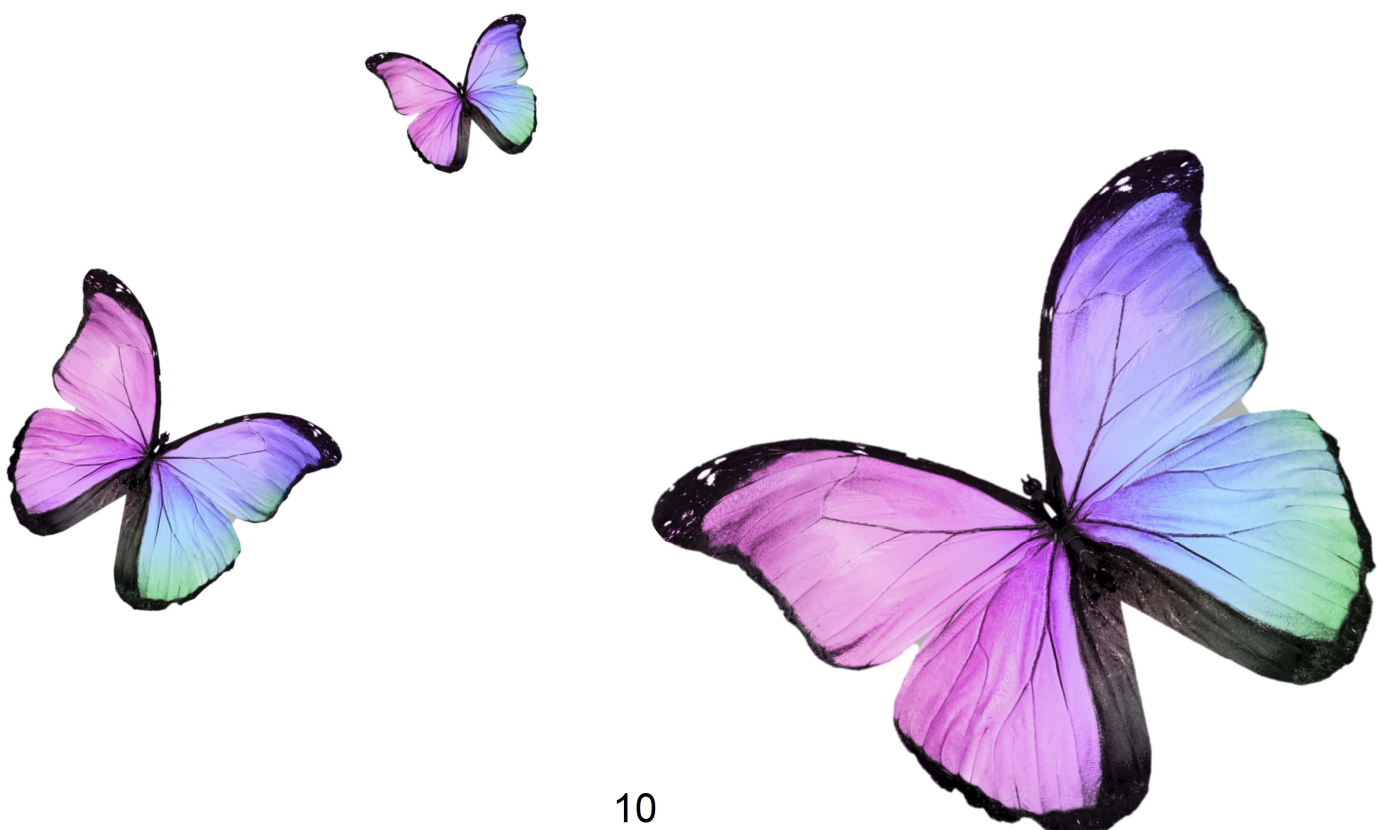
# Are you worried about your own mental health or the mental health of someone you know?

If you are worried about your own mental health below are a number of actions that might be useful in addressing your difficulties.

- Speak to a loved one or someone you trust about how you are feeling.
- If any of the problems identified in this guide sound relevant to your current problems access the full guide online [www.ntw.nhs.uk/pic/selfhelp](http://www.ntw.nhs.uk/pic/selfhelp)
- Make an appointment with your GP to discuss your current problems. He/she will be able to advise you about what local services are available to you based around whether your symptoms are mild, moderate or complex.
- This might include advising you to read through some specific self help materials, advising you to self-refer or referring you directly to a local Counselling Service, Psychological Wellbeing Service (sometimes called IAPT services); or if your problems are more complex the local Community Mental Health Team (CMHT) or Community Treatment Team (CTT).
- Your GP may also discuss medication options with you if you agree this is appropriate.
- You can refer yourself to many helpful local services by phoning up, or for some services you can self-refer through their website.

## If you are worried about the mental health of someone that you know.

- If you feel able, listen to their concerns and ask them to consider seeking out more information about their current difficulties.
- If you feel able, ask them to seek help; either by contacting a talking therapies service directly or assisting them in making an appointment with their GP.
- If the person you know is anxious about contacting services it might be useful if you sit with them while they make a phone call to services or attend a GP appointment with them; if they are agreeable and if you feel able.
- Sometimes people with mental health problems find it difficult to recognise the problems they are having so it is important you are patient with them.
- If your concerns about their mental health start to grow it might be that you need to contact mental health services on their behalf (with their consent)



# Psychological Wellbeing Services

This is a psychological therapy service available to people with mild to moderate common mental health problems. Common mental health problems include some of the problems described in this guide including low mood, depression, phobias, anxiety, generalised anxiety (worry), obsessive compulsive disorder, post-traumatic disorder, health anxiety, adjusting to life events and stress related difficulties.

Psychological Wellbeing Services are provided by a range of different organisations across local areas and below is a list of the provider, contact numbers and email addresses. They will offer a range of different therapies including guided self help, specific groups/classes for different problems, Cognitive Behavioural Therapy, Interpersonal therapy, Cognitive Analytical therapy and Systemic Therapy, but not all services have the same range of therapies.

## ■ **Newcastle - Talking Helps Newcastle – The Psychological Wellbeing Service**

New Croft House, Market Street, Newcastle upon Tyne, NE1 6ND  
Tel: 0191 282 6600 Fax: 0191 261 5078  
Email: tny-tr.PCMH@nhs.net

## ■ **Northumberland - Talking Matters Northumberland**

Unit 4, Telford Court, Morpeth, Northumberland, NE61 2DB  
Tel: 0300 3030 700  
Email: info@tmnorthumberland.org.uk

## ■ **Sunderland - Sunderland Psychological Wellbeing Service**

Monkwearmouth Hospital, Newcastle Road, Sunderland, SR5 1NB  
Tel: 0191 566 5454  
Email: spws@ntw.nhs.uk

## ■ **Gateshead - Gateshead Talking Therapies**

The Croft, Springwell Road, Gateshead, Tyne and Wear, NE9 7BJ  
Tel: 0191 283 2541 Fax: 0191 404 1325  
Email: gatsheadtalkingtherapies@stft.nhs.uk

### ■ **North Tyneside - North Tyneside Psychological Therapies**

Wallsend Health Centre, The Green, Wallsend, Tyne and Wear  
NE28 7PD

Tel: 0191 295 2775 Fax: 0191 295 2701

Email: [nhc-tr.northtynesidetalkingtherapies@nhs.net](mailto:nhc-tr.northtynesidetalkingtherapies@nhs.net)

### ■ **South Tyneside - South Tyneside Talking Therapies**

Cleadon Park Primary Care Centre, Prince Edward Road, South  
Shields Tyne and Wear, NE34 8PS

Tel: 0191 283 2134 Fax: 0191 404 1322

Email: [stpcmhs@stft.nhs.uk](mailto:stpcmhs@stft.nhs.uk)

### **Veterans' Wellbeing Assessment and Liaison Service**

Provides an assessment, liaison and signposting service for military veterans and their families across the region. The service is for veterans of any age who have served in Her Majesty's Armed Forces at any time. Families and carers of veterans can also access the service. We work in partnership with Combat Stress and the Royal British Legion. Tel: 0191 441 5974 Email: [vwals@nhs.net](mailto:vwals@nhs.net)

### **Patient Advice and Liaison Service**

PALS provide a free, confidential advice and support service. We can help you to sort out any concerns you may have about the care provided by Northumberland, Tyne and Wear NHS Foundation Trust.

- PALS North of Tyne Freephone: 0800 032 0202 9.00am - 4.30pm  
Monday to Friday  
Freepost RLTC-SGHH-EGXJ  
The Old Stables, Grey's Yard, Morpeth, NE61 1QD  
Email: [pals@ntw.nhs.uk](mailto:pals@ntw.nhs.uk)
- PALS South of Tyne Freephone: 0800 328 4397 9.00am - 5.00pm  
Monday to Friday  
Gatelodge, Cherry Knowle Hospital, Ryhope, Sunderland,  
SR2 0NB  
Email: [pals@ntw.nhs.uk](mailto:pals@ntw.nhs.uk)

# Support your NHS

## Join our NHS Foundation Trust

**Get Involved** – Sign up to become a Northumberland, Tyne and Wear NHS Foundation Trust member and choose a self-help guide for **free** from the list overleaf.

 [ntw.nhs.uk/getinvolved](http://ntw.nhs.uk/getinvolved)

 0191 245 6827

 FREEPOST NTW MEMBERSHIP

Membership is completely free and as a member you can:

- ⇒ Give your views on the Trust's plans and any issues that interest you
- ⇒ Vote in the Governor Elections or stand as a Governor yourself
- ⇒ Receive regular information about the Trust

## Membership Application Form

**Public** ☐    **\*Service User** ☐    **\*Carer** ☐ (please ✓ only one)

**\*Service User/Carer** *I currently use or have cared for someone who has used, the following service in the last four years: (please ✓ service used below)*

- |   |  |
|---|--|
| <input type="checkbox"/> Adult Services                       | <input type="checkbox"/> Neuro Disability Services |
| <input type="checkbox"/> Children and Young People's Services | <input type="checkbox"/> Older People's Services   |
| <input type="checkbox"/> Learning Disability Services         |  |

Mr ☐    Mrs ☐    Miss ☐    Ms ☐    Other: .....

First name: ..... Surname: .....

Address: .....

Postcode: .....

How would you like us to contact you? (please ✓/complete)

Post ☐    Email ☐ .....

Tel ☐ ..... Mobile ☐ .....

Signed: ..... Date: .....

**Free self help guide**  
(choose from the list overleaf)

Please send me a free copy of

# Mental Health Self Help Guides

- Abuse
- Alcohol and You
- Anxiety
- Bereavement
- Controlling Anger
- Depression
- Depression and Low Mood
- Domestic Violence
- Eating Disorders
- Food for Thought
- Health Anxiety
- Hearing Voices
- Obsessions and Compulsions
- Panic
- Post Traumatic Stress
- Postnatal Depression
- Self Harm
- Shyness and Social Anxiety
- Sleeping Problems
- Stress
- Plus 3 guides for prisoners
  - Anxiety
  - Depression and Low Mood
  - Post Traumatic Stress



[www.ntw.nhs.uk/pic/selfhelp](http://www.ntw.nhs.uk/pic/selfhelp)



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# Mental health information

for patients, carers and healthcare staff



Self help guides

**A-Z**

Organisation search



Mental Health Act



Resources search



Medication

view or download at  
**[www.ntw.nhs.uk/pic](http://www.ntw.nhs.uk/pic)**



# [www.ntw.nhs.uk/pic](http://www.ntw.nhs.uk/pic)

This information can be made available in a range of formats on request (eg Braille, audio, large print, easy read, BSL or other languages). Please contact the Patient Information Centre 0191 223 2545

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