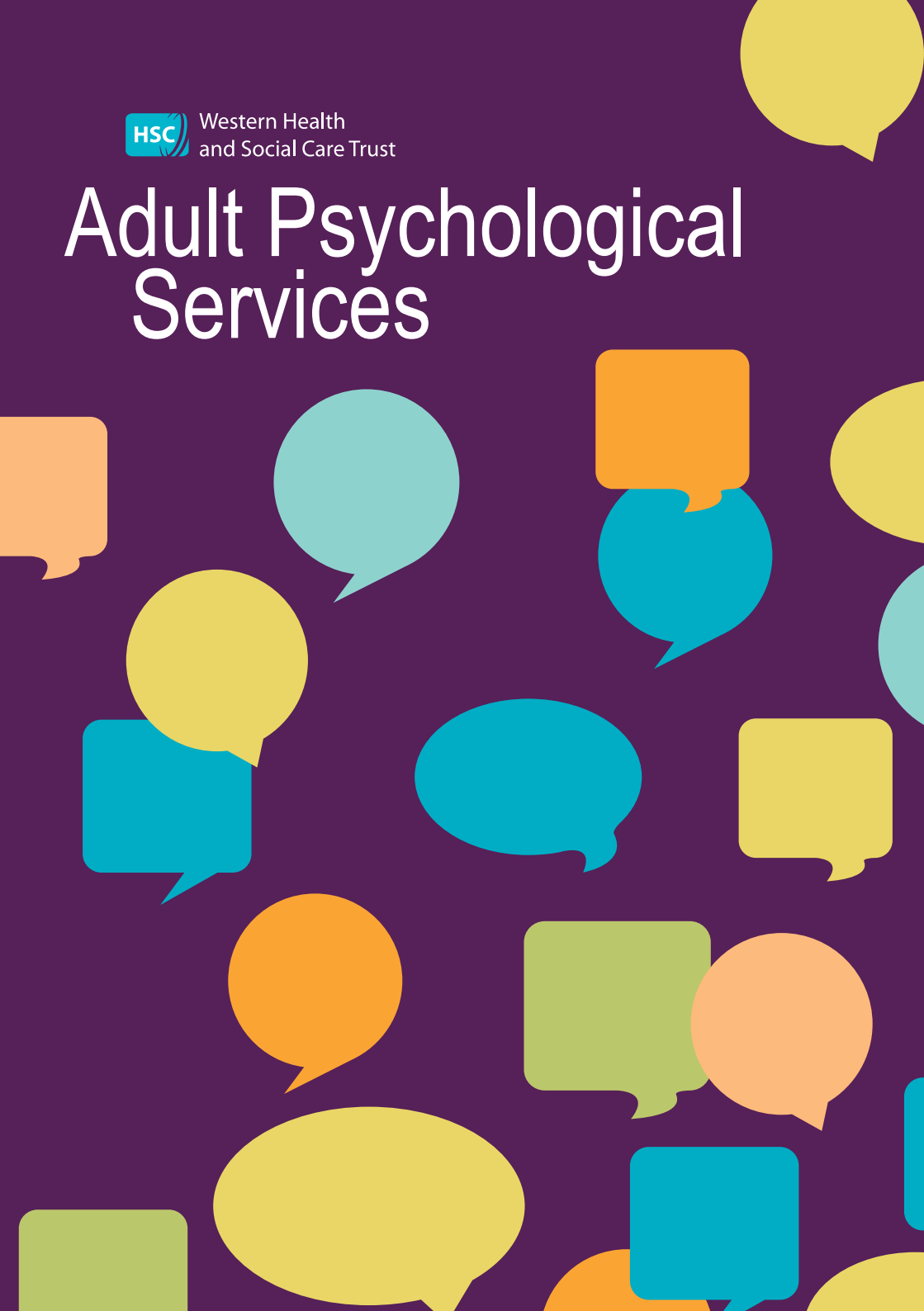




Western Health
and Social Care Trust

Adult Psychological Services










Where we are

The Adult Psychological Therapy Service is located on the first floor in Old Bridge House, Glendermott Road, Waterside, Londonderry.



What is Psychological therapy?

Psychological therapies are commonly known as the "talking" therapies. You will work with your therapist to examine your difficulties and to explore possible solutions. Psychological therapy is aimed at treating a range of emotional problems.





How can it help me?

The aim of our service is to help you understand and manage the difficulties you are experiencing and to help you feel better. There are a range of therapies available. You will be offered the most appropriate psychological therapy based on your needs.

Some of the problems treated are:

- Depression
- Anxiety disorders:
 - Post Traumatic Stress Disorder
 - Generalised Anxiety
 - Panic Disorder
 - Social Anxiety
 - Obsessive compulsive disorder
- Childhood traumas
- Interpersonal / relationship problems



What happens next?

After you have been referred to the Psychological Therapy Service, you will be contacted to arrange a convenient appointment time. At the first appointment, a member of the team will meet and discuss with you the mental health difficulties you are experiencing and which therapy may best help you. Usually therapy is on a one to one basis, ie. you and one therapist. Occasionally Group therapy may be offered.



What do I have to do?

Normally therapy begins with weekly appointments lasting approximately one hour. However, this will be discussed and agreed with you and will depend upon your needs. The timescale of therapies can vary from weeks to months and occasionally longer.

All therapies require you to talk about your experiences, thoughts and feelings so that we can help to support you and explore problems and solutions together. Therapy will also involve you working on problems between sessions.

Therapy requires a commitment to attend regularly and work on the difficulties which you have identified.



Confidentiality and information sharing

We ask you for information about yourself so that we can provide you with the best care and treatment. We may need to share information with other professionals involved in your health and social care. We have a legal duty to keep your information confidential. The same duty applies to anyone who receives information about you from us.



Service quality

We aim to provide you with the best possible treatment and hope you will be happy with our service. However, if you are dissatisfied, please let us know. You can do this face to face, on the telephone, or in writing. We will do our best to resolve your concerns as soon as possible. If you remain unhappy with the response we will give you details on what to do next.



Western Health
and Social Care Trust

Adult Psychological Services
Old Bridge House
Glendermott Road
Waterside
Londonderry
BT47 6AU

Monday to Friday 9am - 5pm

T: 028 7132 0143

F: 028 7132 0144

www.westeritrust.hscni.net