



*Help is at hand...*



Feeling anxious, low or stressed? Is life or work a real struggle?  
If so, we may be able to help.

### **What is the Lambeth Talking Therapies Service?**

- We work with adults who have common psychological problems including depression, stress, worry, anxiety and fears/phobias.
- We offer a range of psychological help and support, including counselling and Cognitive Behavioural Therapy (CBT).
- We also offer advice and support with employment, solving work-related problems and finding work.
- The service is for people living in Lambeth or registered with a Lambeth GP.
- If our service isn't right for you, we'll try to suggest alternatives that are more likely to be able to help, and put you in contact with them.

### **Urgent help**

We are not an emergency service. If you need urgent help please contact either your GP or attend your local A & E Department (24hrs).

Alternatively, if you're experiencing a crisis and need support, you can call the Samaritans 24 hour helpline on 08457 90 90 90 or email [jo@samaritans.org](mailto:jo@samaritans.org).

### **How do I get an appointment?**

Call us on 0203 228 6747.

The call will take approximately 25 minutes so please call when you have time and are able to talk openly. We can call you back if it's easier.

## **Are there any risks or side effects of having psychological therapy?**

There is substantial evidence that talking therapies work but sometimes people find that one treatment method works better for them than another.

Therapy can be upsetting or feel like hard work because you are trying to change the way you respond and find new ways to deal with your difficulties.

Please do ask if you'd like to know more about what to expect. We'd be very happy to talk to you or you can find lots of information on our website about the treatments we offer, how we handle confidentiality, as well as other online resources:  
[www.iapt-slam.nhs.uk](http://www.iapt-slam.nhs.uk)

You may be seen by a trainee practitioner. All trainees are supervised by qualified, experienced staff, following professional guidelines. If you do not wish to be seen by a trainee please do let us know and we will place you with a qualified staff member.

## **Questionnaires**

The questionnaires below are useful in revealing how you are feeling and help us to better support you. Please try to fill in the questionnaires and have the answers with you when you call us to make an appointment.

Tick a box to indicate your answer and then add up the numbers in the boxes to give your total score.

If you score less than the number indicated, please look at the Lambeth Mind website for further information on all wellbeing services that are available to you. ([www.lambethmind.org.uk](http://www.lambethmind.org.uk)).

**Over the last 2 weeks, how often have you been bothered by any of the following problems?**

	<b>Not at all</b>	<b>Several Days</b>	<b>More than half the days</b>	<b>Nearly every day</b>
1. Little interest or pleasure in doing things.	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
2. Feeling down, depressed or hopeless.	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
3. Trouble falling or staying asleep, or sleeping too much.	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
4. Feeling tired or having little energy.	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
5. Poor appetite or overeating.	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
6. Feeling bad about yourself, or that you are a failure or have let yourself or your family down.	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>

	<b>Not at all</b>	<b>Several Days</b>	<b>More than half the days</b>	<b>Nearly every day</b>
7. Trouble concentrating on things, such as reading the newspaper or watching TV.	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
8. Moving or speaking so slowly that other people could have noticed. Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual.	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
9. Thoughts that you would be better off dead or of hurting yourself in some way.	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>

**If you score 10 or more, please call us.**

**TOTAL**

**Over the last 2 weeks, how often have you been bothered by any of the following problems?**

	<b>Not at all</b>	<b>Several Days</b>	<b>More than half the days</b>	<b>Nearly every day</b>
1. Feeling nervous, anxious or on edge.	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
2. Not being able to stop or control worrying.	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
3. Worrying too much about different things.	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
4. Trouble relaxing.	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
5. Being so restless that it is hard to sit still.	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
6. Becoming easily annoyed or irritable.	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
7. Feeling afraid as if something awful may happen.	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>

**If you score 8 or more, please call us.**

**TOTAL**

**Please choose a number from 0 – 8 to show how much you would avoid each of the situations below (where 0 is ‘would not avoid it’ and 8 is ‘always avoid it’).**

1. Social situations due to a fear of being embarrassed or making a fool of myself.	
2. Certain situations due to fear of having a panic attack or other distressing symptoms (such as loss of bladder control, vomiting or dizziness).	
3. Certain situations due to a fear of particular objects or activities (such as animals, heights, seeing blood, being in confined spaces, driving or flying).	

If you score 4 or more in any of the boxes above, please call us.

### **Any further questions?**

Please phone us on 0203 228 6747 with any queries or to make an appointment. You can also visit **[www.slam-iapt.nhs.uk](http://www.slam-iapt.nhs.uk)** to arrange an appointment or write to:

Lambeth Psychological Therapies Service  
 1A Dalbury House  
 Edmundsbury Estate  
 Ferndale Road  
 Brixton, London, SW9 8AP

The service is provided by South London & Maudsley NHS Foundation Trust, The Awareness Centre, Waterloo Community Counselling and Status Employment



## Options available

If you'd like a large print, audio, Braille or a translated version of this leaflet then please ask us.

## Contact SLaM

SLaM switchboard: 020 3228 6000

SLaM website: [www.slam.nhs.uk](http://www.slam.nhs.uk)

## Patient Advice and Liaison Service ( PALS )

PALS is here to listen and support you in whatever way they can to ensure your experience at SLaM is a positive one. If you are not happy about something at SLaM then PALS will try to help you.

If you decide you want to make a formal complaint PALS can advise you how to do this.

PALS 24hr information line: 0800 731 2864

PALS website: [www.slam.nhs.uk/pals](http://www.slam.nhs.uk/pals)

PALS email: [pals@slam.nhs.uk](mailto:pals@slam.nhs.uk)

## Travel

For the quickest way to plan your journey to a SLaM service try TfL's journey planner.

TfL 24hr travel information: 0843 222 1234

[www.tfl.gov.uk/journeyplanner](http://www.tfl.gov.uk/journeyplanner)



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