

A PSYCHOLOGICAL THERAPY SERVICE



PLEASE CALL US ON 444550

to arrange an appointment with a member of our team



WHAT IS JERSEY TALKING THERAPIES (JTT)?

JTT provides psychological therapies for people who are resident in Jersey. The treatments we offer are recommended by the National Institute for Health and Clinical Excellence (NICE).

WHAT ARE PSYCHOLOGICAL THERAPIES?

Psychological therapies are forms of treatment which involve talking to a trained professional in order to help you overcome your difficulties.

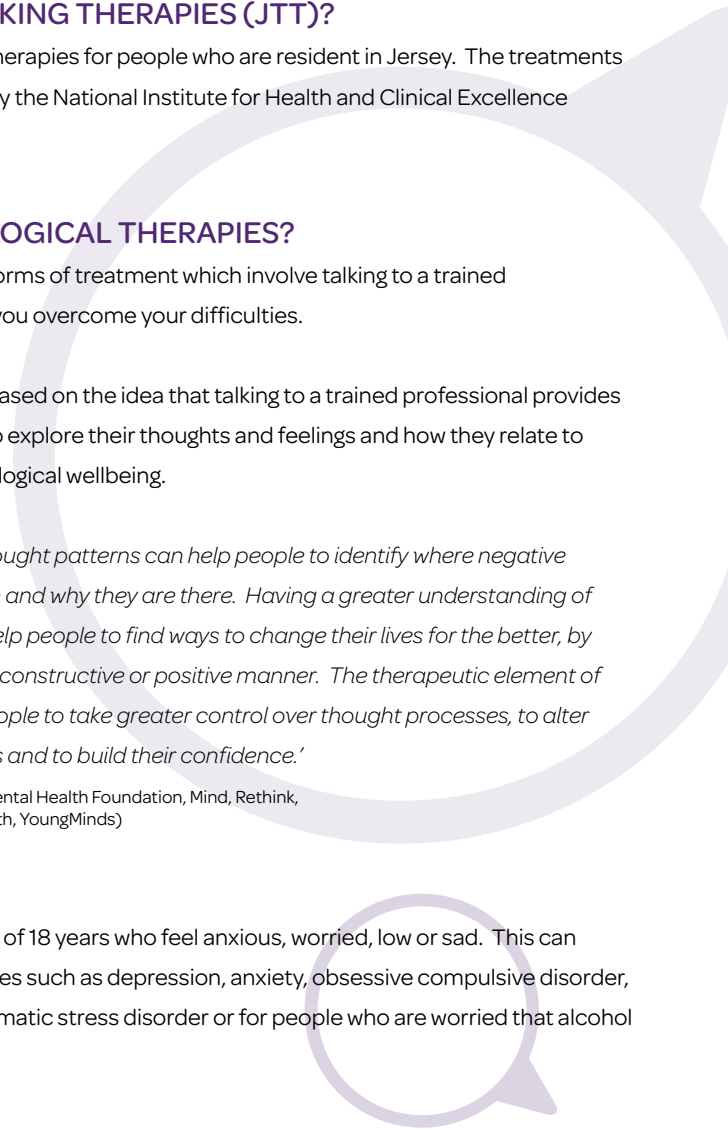
Psychological therapies are based on the idea that talking to a trained professional provides people with an opportunity to explore their thoughts and feelings and how they relate to behaviour, mood and psychological wellbeing.

'Verbalising emotions and thought patterns can help people to identify where negative feelings and ideas come from and why they are there. Having a greater understanding of how they think and feel can help people to find ways to change their lives for the better, by acting and thinking in a more constructive or positive manner. The therapeutic element of 'talking treatments' allows people to take greater control over thought processes, to alter patterns of negative thoughts and to build their confidence.'

(We Need To Talk (2010) Report by Mental Health Foundation, Mind, Rethink, The Sainsbury Centre for Mental Health, YoungMinds)

WHO IS IT FOR?

JTT is for people over the age of 18 years who feel anxious, worried, low or sad. This can include people who have issues such as depression, anxiety, obsessive compulsive disorder, phobias, panic and post-traumatic stress disorder or for people who are worried that alcohol is harming their health.



WHAT CAN I EXPECT?

- ✓ To get easy access to talking treatment
- ✓ To talk to a qualified professional confidentially about your issues
- ✓ To be listened to without judgement
- ✓ To be assessed and offered the right type of therapy at the right time by the right person
- ✓ To get access to psycho-educational workshops
- ✓ To get access to psycho-educational courses

WHAT PSYCHOLOGICAL THERAPIES MAY BE AVAILABLE TO ME?

We offer a range of different therapies, mostly based on Cognitive Behaviour Therapy (CBT) or Cognitive Analytic Therapy (CAT) and also offer:

- Guided self-help
- Support using workbooks
- Telephone support
- Face-to-face support
- Lifestyle support
- Behavioural activation
- Problem solving
- Counselling
- Computerised Cognitive Behavioural Therapy (cCBT)
- Information and signposting to other relevant services and support

We offer a range of different three hour stand alone workshops as well as longer psycho-educational skills courses.



WHO CAN I EXPECT TO SEE?

You can expect to see a Psychological Well-being Practitioner for your assessment. For some kinds of problems we also offer therapy with a Psychological Therapist or a Counsellor. We will advise you on the best therapist to work with you around your current difficulties.

CAN I HAVE A COURSE OF COMPUTERISED COGNITIVE BEHAVIOURAL THERAPY (CCBT) OR ATTEND A WORKSHOP WITHOUT AN ASSESSMENT WITH A PSYCHOLOGICAL WELL-BEING PRACTITIONER?

We are working in partnership with MIND Jersey. You can book yourself a free course of cCBT as well as book yourself onto any of our workshops. To do this, visit Jersey Talking Therapies at MIND Jersey website www.mindjersey.org

DO YOU HAVE ANY BOOKS THAT YOU CAN RECOMMEND I READ?

We have a large number of different self-help books on a range of different common mental health issues that might be helpful to you. We are working in partnership with MIND Jersey and the local libraries to make access to these books easy and available to as many Islanders as possible. To find out about our range of books please go to your local library or go to Jersey Talking Therapies at www.mindjersey.org

HOW DO I BOOK AN APPOINTMENT?

TO BOOK AN APPOINTMENT

To book your first appointment you can call us on 444550
Your call will be answered by a receptionist who will take some details from you including your name, date of birth, address, telephone number and GP. You will be asked whether you would prefer to receive a telephone assessment or face-to-face contact with a qualified professional.



TELEPHONE OR FACE-FACE ASSESSMENT

Your assessment will be carried out by a Psychological Well-being Practitioner by telephone or face-to-face, depending on your preference. You will be asked to complete some questionnaires then together we will agree a plan for your recovery. If JTT is the right service to meet your needs you will be offered therapy. During your assessment we may also give you self-help information related to your problems, suggest useful websites, reading materials or signpost you to other relevant services.



TAKE PART IN PSYCHO-EDUCATIONAL COURSES

As well as individual therapy we may also suggest you take part in our psycho-educational courses or workshops relevant to your difficulties.



REVIEWING YOUR PROGRESS

To help you measure how you are feeling and work towards your goals, your Psychological Well-being Practitioner or Psychological Therapist will regularly review your progress with you by using short questionnaires at each therapy session.



FINISHING YOUR THERAPY

When your treatment is complete we will write a summary of our work together for you to keep and also give a copy to your GP.

PLEASE COMPLETE THE QUESTIONNAIRES BELOW A FEW HOURS BEFORE YOUR TELEPHONE OR FACE-FACE ASSESSMENT.

PATIENT HEALTH QUESTIONNAIRE-9 (PHQ-9)

Over the **last 2 weeks**, how often have you been bothered by any of the following problems?
(use ✓ to indicate your answer)

Not at all Several days More than half the days Nearly every day

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself - or that you are a failure or have let yourself family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
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	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

0 + _____ + _____ + _____
= Total Score: _____

PATIENT HEALTH QUESTIONNAIRE (GAD-7)

Over the **last 2 weeks**, how often have you been bothered by any of the following problems?
(use ✓ to indicate your answer)

Not at all Several days More than half the days Nearly every day

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

0 + _____ + _____ + _____

= Total Score: _____

PLEASE COMPLETE THE QUESTIONNAIRES BELOW A FEW HOURS BEFORE YOUR TELEPHONE OR FACE-FACE ASSESSMENT.

PATIENT HEALTH QUESTIONNAIRE (CORE-10)

Over the **last week:**

(use ✓ to indicate your answer)

	Not at all	Only Occasionally	Sometimes	Often	Most of all the time
1. I have felt tense, anxious or nervous	0	1	2	3	4
2. I have felt I have someone to turn to for support when needed	0	1	2	3	4
3. I have felt able to cope when things go wrong	0	1	2	3	4
4. Talking to people has felt too much for me	0	1	2	3	4
5. I have felt panic or terror	0	1	2	3	4
6. I made plans to end my life	0	1	2	3	4
7. I have had difficulty getting to sleep or staying asleep	0	1	2	3	4
8. I have felt despairing or hopeless	0	1	2	3	4
9. I have felt unhappy	0	1	2	3	4
10. Unwanted images or memories have been distressing me	0	1	2	3	4

0 + _____ + _____ + _____ + _____

Total Score: _____

ALCOHOL USERS DISORDERS IDENTIFICATION TEST (AUDIT)

1. How often do you have a drink containing alcohol?
(0) Never (*Skip to Qs 9-10*)
(1) Monthly or less
(2) 2 to 4 times a month
(3) 2 to 3 times a week
(4) 4 or more times a week

2. How many drinks containing alcohol do you have in a typical day when you are drinking?
(0) 1 or 2
(1) 3 or 4
(2) 5 or 6
(3) 7, 8 or 9
(4) 10 or more

3. How often do you have six or more drinks on one occasion?
(0) Never
(1) Less than monthly
(2) Monthly
(3) Weekly
(4) Daily or almost daily
Skip to Question 9 and 10 if Total Score for Questions 2 and 3 = 0

4. How often during the last year have you found that you were not able to stop drinking once you had started?
(0) Never
(1) Less than monthly
(2) Monthly
(3) Weekly
(4) Daily or almost daily

5. How often during the last year have you failed to do what was normally expected from you because of drinking?
(0) Never
(1) Less than monthly
(2) Monthly
(3) Weekly
(4) Daily or almost daily

6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?
(0) Never
(1) Less than monthly
(2) Monthly
(3) Weekly
(4) Daily or almost daily

7. How often during the last year have you had a feeling of guilt or remorse after drinking?
(0) Never
(1) Less than monthly
(2) Monthly
(3) Weekly
(4) Daily or almost daily

8. How often during the last year have you been unable to remember what happened the night before because you had been drinking?
(0) Never
(1) Less than monthly
(2) Monthly
(3) Weekly
(4) Daily or almost daily

9. Have you or someone else been injured as a result of your drinking?
(0) No
(2) Yes, but not in the last year
(4) Yes, during the last year

10. Has a relative or friend or a doctor or another health worker been concerned about you drinking or suggested you cut down?
(0) No
(2) Yes, but not in the last year
(4) Yes, during the last year

Record total of specific items here

SOME QUESTIONS ABOUT YOU

PLEASE COMPLETE THE FOLLOWING DEMOGRAPHIC INFORMATION

Marital Status Questions (please tick to indicate)

Please tick to indicate which best describes your current situation:

- Single Married/Civil partnership Divorced/Civil partnership dissolved
 Co-habiting Widowed

Sexuality (please tick to indicate)

- Heterosexual Lesbian or Gay Bi-sexual Other Unwilling to disclose

Culture & Ethnic Background (please tick to indicate)

White (please circle)

Jersey, British, Irish, French, Polish, Portuguese/Madeiran,

Other white background _____

Asian or Asian British (please circle)

Indian, Pakistani, Bangladeshi, Thai, Chinese, Other Asian background _____

Black or Black British (please circle)

Caribbean, African, other African background _____

Mixed (please circle)

White and Asian, White and Black Caribbean, White and Black African,

Other mixed background _____

Religion

Please write your religion here or circle *none/prefer not to state*

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Employment Status Questions

Please tick which of the following options best describes your current status

- Full-time work (30 hours or more per week) Retired
 Part-time work Full-time homemaker or carer
 Unemployed Receiving Statutory Sick Pay
 Full-time student Receiving benefits such as STIA or LTIA

HELPFUL JERSEY CONTACTS



Bereavement Service

The Community Bereavement Service is available to adults and children of all ages in need of support while coming to terms with the death of someone. The service is open to anyone living in Jersey, regardless of the nature of the bereavement and how long ago it was. If you have been bereaved yourself or would like to know more about the service on behalf of someone else, you can email us or bereavement@jerseyhospicecare.com or call 01534 285144. We also accept referrals from GPs or health professionals. We are based at: Clarkson House, Mot Cochon, St Helier, JE2 3TB.

Citizens Advice Bureau

The Jersey Bureau is situated at St Paul's Centre, New Street, St Helier, JE2 3WP. Our Bureau is open Monday to Friday from 10.00am to 3.00pm for walk in clients and appointments. We provide telephone advice on Freephone 0800 7350249 or 01534 724942. We also offer an e-mail advice service on www.advice@cab.org.je

Gambling Help & Support Groups

Online:

Gambling Therapy (Jersey)
Website: www.gamblingtherapy.je

Face to face:

Gamblers Anonymous and Gam Anon - Jersey Meet at St Paul's Centre Monday nights 5.30 - 7.00pm
Helpline 07700 355437
e-mail: info@ga.org.je
Web Site: www.ga.org.je
Anyone with a gambling problem or family/friends are welcome. Gamblers Anonymous advocate complete abstinence.

Jersey Online Directory (JOD)

JOD is an online directory to enable everyone to have easy access to care services that are tailored to your specific needs. You can log-on at www.jod.je

Jersey Women's Refuge

The Refuge is a confidential service which offers support, advice and safe accommodation to victims of domestic violence 24 hours a day, seven days a week. Many women contact us by phone and we offer the opportunity to talk in confidence about what is happening, either over the phone or arranging a time to meet and chat in confidence. If preferred, we can arrange to meet women at a place of their choosing to provide support and advice. We can also accompany women to other agencies. Our 24 hour helpline number is: 0800 7356836. Our office number is: 01534 768368 or email is info@jerseywomensrefuge.org

MIND Jersey

Mind Jersey's vision is of a society that promotes and protects good mental health for all and treats people with experience of mental illness, fairly, positively and with respect. People who experience mental health illness are at the heart of what we do. For information on our support and services visit www.mindjersey.org

Relate

For confidential relationship counselling please call us on: 01534 734980

Samaritans

If something's troubling you, get in touch: 08457 909090 or email jo@samaritans.org. Visit our branch: Samaritans St Helier, 30 Hue Street, St Helier, Jersey.

Survivors of Bereavement by Suicide (SOBS)

A local group set up to provide a safe, supportive, confidential environment in which survivors may share and work through their pain. Meetings take place the first Wednesday of every month at St Pauls Centre, St Helier, from 7.30pm to 9pm. You can call our helpline number on: 0800 7351017

The Mind Gym

Mind Gym transforms performance by changing the way people think, feel and behave at work every day. Visit us at uk.themindgym.com

The Silver Line

The Silver Line is for elderly people in need of, advice or friendship. The free phone number is 0800 4708090. The number is available 24 hours and is open every day, including bank holidays.

The YES Project

The Youth Enquiry Service, offers free confidential advice and information to anyone aged 14-25 years. If you have a question that needs answering or just need to talk, were here for you. You can drop into our La Motte Street Centre in St Helier. We are open Monday 12-6pm, Wednesday 3-6pm, or Friday 12-6pm. Or call us on 01534 766628 or email yes@youthservice.yc.je

TOP (Triumph over phobia)

If you have a phobia, OCD or any other related anxiety disorder and are prepared to work at the self-help programme, TOP Jersey can help you. TOP Jersey meets on a Thursday evening and anyone who is interested in attending is welcome to just drop in. Please telephone 01534 608008 or email topjerseyci@gmail.com

Victim Support

The charity for victims and witnesses of crime in Jersey. Our office is open from 9am to 1pm, Monday to Friday. Our phone number is 01534 440496 during office hours. Our out-of hours Victim Supportline (0845 3030900) gives immediate help over the phone to anyone calling when our office is closed.

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