

# Shropshire Psychological Therapies

Promoting Health and Wellbeing

## Information for Professionals



We are an Improving Access to Psychological Therapies (IAPT) service offering confidential evidence-based talking therapies to Shropshire residents\* aged 16+ experiencing common mental health problems such as anxiety and depression.

Some of the treatments available within our service include:

- Guided self-help
- Psycho-educational courses
- Counselling
- Cognitive Behavioural Therapy (CBT)

We also offer free stand-alone community workshops called FLASH (Facilitated Learning and Self Help) Clinics for service users with mild symptoms.

*\*Registered with a Shropshire GP. For T&W residents, contact Telford Wellbeing Service.*

As part of your role, you may identify individuals who would benefit from being signposted to our service. Self-referrals can be made by calling 0300 123 6020, GP/health professional referral is not necessary.

Read on to find out about our offer for both professionals and service users (no charges apply).

### Professionals: Service Awareness Training

Duration: 1.5 hours

This session gives a general overview of the service, treatments available and referral routes. Items covered include a background to common mental health problems in seldom-heard groups, myth-busting and tips on spotting the signs to enable professionals to support their service users' wellbeing.



### Service Users: FLASH Clinics

Duration for all: 1.5 hours

#### • Stress Management & Coping Techniques

Covers what stress is, common sources of stress, understanding the thought-behaviour-emotion cycle and identifying unhelpful patterns of thinking. Service users will also learn useful coping techniques which help to reduce stress.

#### • Relaxation

A mostly practical session covering the effects of stress and anxiety, the body's response and some helpful relaxation techniques including: deep breathing, progressive muscle relaxation, a guided awareness exercise and an introduction to mindfulness.

#### • Sleep Well

This session explores the myths around sleep, breaking down the cycle of worry at night, practical strategies to encourage better sleep and ends with an overview of progressive muscle relaxation and a mindfulness exercise.

*FLASH Clinics can be delivered to pre-existing groups or pre-arranged with venues for various service users to book on to. Contact Sonya (below) for more information.*

## Contact Us

To make a booking or enquiry, contact Sonya (Community Development Worker):

[Sonya.Heera2@mpft.nhs.uk](mailto:Sonya.Heera2@mpft.nhs.uk) or call **07968504018**

*(Mon to Fri 9-5pm, please leave a voicemail if you would like a call back).*



For service information, call Shropshire Psychological Therapies on **0300 123 6020**.



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