We also offer

- Eye Movement Desensitisation and Reprocessing (EMDR). This is a specific treatment for people experiencing Post Traumatic Stress Disorder (PTSD)
- Counselling for depression and Mindfulness based stress reduction courses
- Silvercloud online CBT programme providing computer-based sessions which you can work though at your own pace. This can be more convenient than one-to-one or group therapy because you do not need to attend an appointment. Your healthcare professional monitors your progress, providing guidance and encouragement via regular reviews. You will share content with them securely which allows them to respond to you in a more personal way and they can provide guidance that is relevant to you.
- Silvercloud also supports the secure exchange of messages between you and your healthcare professional.

TALKWORKS

IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING

713/10/19

Self-refer

You can self-refer to **TALKWORKS** as follows:

- Call **0300 555 3344**
- Complete the 'Get help' form at **www.TALKWORKS.dpt.nhs.uk**

Perinatal mental health service

- **Exeter**
  01392 674 964
  dpn-tr.PerinatalTeamExeter@nhs.net
- **Torbay**
  01803 396 590
  dpn-tr.PerinatalTeamTorbay@nhs.net
- **North Devon**
  01271 322 772
  dpt.perinatalteamwestdevon@nhs.net
- **South Hams and West Devon**
  01822 813 070
  dpt.perinatalteamwestdevon@nhs.net

@DPT_TALKWORKS

If you require this leaflet in a different format or language please ask a member of our staff.

If you would like to provide feedback about our service please contact:

Patient Advice and Liaison Service (PALS)
Devon Partnership NHS Trust
Franklyn House
Franklyn Drive
Exeter, EX2 9HS

t: 01392 675 686
e: dpt.pals@nhs.net

TALKWORKS.dpt.nhs.uk

NHS
Devon Partnership
NHS Trust

TALKWORKS

IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING

ARE YOU PREGNANT OR A NEW PARENT AND STRUGGLING EMOTIONALLY?

0300 555 3344

TALKWORKS is a free, confidential, talking therapy service helping you to feel better and giving you the tools and techniques to improve your mental wellbeing.

Are you pregnant or a new parent?

Being pregnant and having a baby is usually thought of as a happy time, however, for some women and new parents it does not necessarily feel this way.

Partners and fathers may also be struggling to cope and not know what to do to make things better for themselves or their partner.

How are you feeling?

Some pregnant women and new parents report feeling:

- Sad and low
- Tearful for no apparent reason
- Worthless
- Hopeless about the future
- Tired
- Unable to cope
- Irritable and angry
- Guilty
- Anxious
- Unsupported

You may also have intrusive or worrying thoughts and be struggling emotionally at this time, which can happen to anyone in the same situation.

Who does it affect?

As many as one in five women experience emotional difficulties during pregnancy and in the first year after having a baby.

We understand that this is an enormous transition, bringing with it changes to your relationship.

You are not alone and we can help you.



How TALKWORKS can help you

At TALKWORKS our staff are trained professionals who are here to help you understand how your thoughts and feelings are affecting you.

We are open to anyone over the age of 18 - no matter your gender, sexuality, age or race. We can provide you with talking therapies and coping strategies to help you through this life-changing period in your life.

With five teams across Devon and Torbay, we can usually see you close to where you live and appointments can take place in a variety of community buildings, children centres, hospitals, GP surgeries and libraries. We can see you in the evenings if you prefer and initially you can bring your baby with you. If you prefer, you can speak to us over the phone, or make an appointment with your GP to discuss how we can help.

Please don't feel that you have to struggle in silence. The sooner you take the next step and contact us, the sooner we can help you to feel like 'you' again.

We work closely with our perinatal mental health service, health visitors and local children's centres to ensure that you are receiving all the care and treatment available to you.

Choice of help

We will look at options with you which are based on Cognitive Behavioural Therapy (CBT).

This looks at the way that thoughts, feelings and behaviours interact, sometimes in a helpful, and sometimes in an unhelpful way.

We provide a choice of help that includes:

- Working with you to identify the difficulty you are having
- Helping you in deciding where to start
- Recommending reading that would be helpful for you
- Providing information about other local resources that might be helpful for you
- Identifying thoughts and actions which may be unhelpful for you
- Identifying strengths and support to draw on
- Guidance in setting realistic goals and support in achieving them
- Providing support through self-management programmes that are proven to be effective
- Group work and/or individual therapy.