

Client Feedback

"I have nothing but gratitude for the service. I received honest practical therapy. I finished feeling less anxious"

"Very informative and a lot of useful information and tips"

"The course has given me lots of things to think about and tools to help with my depression "

If you are worried your mental health is reaching a crisis then call First Response on 0800 923 9323. If your situation is an emergency or life threatening then call 999 or present at the nearest A&E

For all non-emergency health interventions please contact your GP during normal working hours or phone NHS 111 (24/7)

SELF REFER

www.plymouthoptions.com

Scan QR code to self refer



Where are we?

Plymouth Options
Centre Court
73 Exeter Street
Plymouth
PL4 0AH

Tel: 01752 435419

Lines open 9am-5pm Monday to Friday

Email: plymouthoptions@nhs.net

Livewell
Southwest

PLYMOUTH OPTIONS

IMPROVING YOUR MENTAL WELLBEING



Plymouth Options is a free, confidential talking therapy service for those aged 16+, helping you to feel better and giving you the tools and techniques to improve your mental wellbeing.

www.plymouthoptions.com

How are you feeling?

Is the way that you are feeling affecting your daily life? Are you struggling to cope, feeling low, worrying more than usual and finding it hard to get a good night's sleep?

Many of us feel like this from time to time, but when these feelings and thoughts become overwhelming, when you feel you have to hide how you are feeling and do not understand what is happening to you, it may be time to get help.

Don't worry, you're not alone.

We can help you get your life back on track.



How we can help...

We can offer you an initial appointment where we will listen to you and discuss your difficulties and your options for therapy.

We can offer you one-to-one appointments, as well as the possibility of attending group course if they are more suitable for you.

We work with you using Cognitive Behavioural Therapy (CBT). This approach looks at how our thoughts, feelings and behaviours interact. It is a proven talking treatment for helping you to make changes to help you feel better. We can also offer you the option of doing our online CBT programme, Silvercloud if that is what you prefer.

We will work closely with you to review your progress regularly and agree next steps.



What happens after you get in touch?

Once you have been referred by your GP or you have made a self-referral, we will either send you a SMS message with a link to book your initial assessment online or we will call you to book you in with one of our therapists for an initial assessment. At this assessment, the therapist will discuss your current difficulties and explain the most suitable treatment options.

Following the assessment, we will get back to you to confirm your treatment package.