

TALKWORKS content for GP practices websites

In May the Depression and Anxiety Service changed its name to TALKWORKS. TALKWORKS also incorporates the Talking Health Team – the specialist team working with people with long term health conditions.

TALKWORKS is the local delivery of the national IAPT (Improving Access to Psychological Therapy) programme across Devon, excluding Plymouth.

TALKWORKS is a primary care service and accepts self-referrals by phone or by completing the online form on the website – www.TALKWORKS.dpt.nhs.uk

Below is content and links that you can use to update your website:

1. If you have a mental health and wellbeing section, or depression and anxiety section or similar, you can use the copy below.

TALKWORKS



Is the way that you are feeling affecting your daily life? Are you struggling to cope, feeling low, anxious or overwhelmed by your thoughts and feelings? Are you living with a long term health condition that is making you feel tired, frustrated and worried? You are not alone and we can help.

We are a free, confidential, NHS talking therapy service (previously the Depression and Anxiety Service), helping you to feel better and giving you the tools and techniques to improve your mental and physical wellbeing.

You can self-refer direct to TALKWORKS:

Call 0300 555 3344 or [complete the online form on our website](#)

Watch our film to see how TALKWORKS can help you.

<https://youtu.be/Ek5j1zdzqFw>

More information can be found at www.TALKWORKS.dpt.nhs.uk

2. If you have a long term health condition section on your website you can use the copy below:

Long term health condition



The poster features the NHS logo and 'Devon Partnership NHS Trust' at the top. The main title 'TALKWORKS' is in large white letters on a green background, with the subtitle 'IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING' below it. The central text reads 'HELPING YOU TO LIVE WELL WITH A LONG TERM HEALTH CONDITION'. At the bottom, it provides the phone number '0300 555 3344' and the name 'Talking Health Team'. A small text box at the very bottom states: 'Our Talking Health Team can work with people to help them manage the emotional difficulties that often go hand in hand with experiencing a long term physical health condition.'

Living with a long term health condition can be frustrating, tiring and worrying.

There are many challenges involved, especially when dealing with difficult or unpleasant symptoms, procedures or treatments. It's understandable that this can cause people to feel down, stressed or just not their usual selves.

We know that people who have a long term health condition are more susceptible to experiencing low mood, anxiety and stress, or find it difficult to cope with their usual daily activities, which can make it even harder to manage their long term health condition well.

At TALKWORKS we have a dedicated Talking Health Team, consisting of experienced practitioners, who can work with people to help them manage the emotional

difficulties that often go hand in hand with experiencing a long term health condition.

TALKWORKS is a free NHS talking therapy service offering proven psychological treatments to help people across Devon make changes that can help them live well with their long term health condition.

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