

Bradford on Avon and Melksham Health Partnership Patient Care Plan

You have visited the surgery today because you are feeling depressed, anxious or both. You have taken an important step forward. Your doctor has assessed this with you and you have both made the following plan and you have been given self-help information. It is important for your recovery that you do what is set out in this plan and that you use the information provided.

Mental Health Workers

Stress and Mood Management Course
Website: www.iapt-wilts.awp.nhs.uk
Tel No.: 01380 731335
(Office open from 9.00am-5.00pm Mon-Fri)

Relate Relationship Counselling

24A Church Street, Trowbridge
Tel No.: 01225 765310

Revival

11A Silver Street, Trowbridge, BA14 8AA
Tel No.: 01225 358568

MIND

24A High Street Melksham
Tel No.: 01225 706532

CRUSE Bereavement Care

www.cruse.org.uk

Mental Health Leaflets

www.ntw.nhs.uk/pic/selfhelp

Eating Disorders

www.b-eat.co.uk

Citizen's Advice Bureau

<https://www.citizensadvice.org.uk/>

Books

Overcoming Depression – Paul Gilbert
Overcoming Anxiety – Helen Kennerley
Overcoming Insomnia – Colin Espie
The Chimp Paradox- Dr Steven Peters
More books on prescription available from doctor

Cognitive Behavioural Therapy

www.moodgym.anu.edu.au
www.lltf.com
www.moodjuice.scot.nhs.uk
www.getselfhelp.co.uk

Finding the Right Therapist

www.bacp.co.uk/seekingtherapist

Green Tree Therapists

Book appointment at reception

Richmond Fellowship

www.richmondfellowship.org.uk
Head Office Tel No.: 0207 697 3300

Shaw Trust

www.shaw-trust.org.uk
6C Little Brook Centre, Bath Road, Melksham, SN12 6LP

Alcohol and Drugs

Tel No.: 0345 603 6993

Wiltshire Wildlife Trust

www.wiltshirewildlife.org/getinvolved/wellbeingproject
Tel No.: 01380 725670

Insomnia and Sleep Problems

www.sleepio.com

Smartphone Apps

Wellmind
Self-Help for Anxiety Management (SAM)
ilovePanicAttacks
Panic Attack Aid
Headspace- need to pay for this

Bullying ACAS support

www.bullying.co.uk
www.acas.org.uk