



Welcome

Jane Ellis and Abigail Smith

MyWellbeing College

- NHS
- IAPT - rebranding
- Across the district
- Free



Talking Therapies

- Guided self help
- Tool box
- Your own therapist



Therapies include:

- Courses
- One to One
- Telephone Therapy
- Online Courses (Silvercloud)



Onward referral

- Bereavement
- Counselling
- PTSD (Post Traumatic Stress Disorder)
- Trauma
- EMDR



Stress Control

- Educational dynamic
- Not group therapy
- 6 week course
- 1.5 hours
- Various locations and times
- Main focus stress and anxiety
- Also covers symptoms of low mood



Living Life to the Full

- Educational dynamic
- Not group therapy
- Group discussion and activity involved
- 8 week course
- 1.5 hours
- Various locations and times
- Main focus low mood
- Also covers symptoms of anxiety



The courses

Criteria

- 16+
- Bradford GP
- No CMHT involvement
- Not accessing therapy currently



The courses

Referral process

- GP
- Online
 - <http://bmywellbeingcollege.nhs.uk/>
- Phone
 - 0300 555 555 1



CBT



Promotion

- Networking
- Schools
 - Parents evenings
 - Wellbeing events
- Community centre events
- Local services
 - Sharing voices
 - Carers hub
 - Carers resource



How do we access women?



Please add your email to the flip chart if you would like an electronic copy of our poster and leaflet

Thank you

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