

How do I get help?

You can access our service by:

- Contacting the Let's Talk team

Let's Talk IAPT Services
 121 -131 Eastgate Street
 Gloucester
 GL1 1PX

Telephone: 0800 073 2200

Web: www.talk2gether.nhs.uk

- Talking with your family doctor or primary healthcare professional e.g. practice nurse, district nurse, health visitor or midwife
- Contacting a variety of organisations including; voluntary, community and employment services

Let us know your thoughts

There is also a patient forum that encourages people who have used the Let's Talk service to share their experience and give us suggestions on how we can improve and develop our services.

Details on how to join the forum are on our website or you can ask a member of the Let's Talk team.

When you contact us please have your NHS number available.

If you can please answer the depression and anxiety questionnaires on our website or using the Positive Steps to Wellbeing leaflet and have your scores available.



We are here to help you talk about your worries



Telephone us on **0800 073 2200**



Our website address is **www.talk2gether.nhs.uk**



Write to us at:
 Let's Talk IAPT Services
 121 - 131 Eastgate Street
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We are here to help you



Let's Talk

Depression

Gaining Control of Depression



About depression

Depression is a very common illness like high blood pressure, diabetes or arthritis

Like these conditions it needs managing and there are really good talking treatments that work.

Occasionally we all feel fed up, unhappy with ourselves or life in general. Usually these feelings pass and we get on with our lives.

Sometimes they last longer and start to take over. You may notice that you:

- are feeling tearful or are crying over small things
- have difficulty sleeping through the night
- are waking early in the morning
- you've stopped doing things you used to enjoy
- feel constantly exhausted
- have difficulty concentrating
- are comfort eating or have lost your appetite
- feeling bad about yourself
- have lost hope for the future

If you have experienced any of the above list for more than two weeks you may be depressed. The good news is that there is help available and its time to get control back over your mood.

About Us

Let's Talk is a free service from the NHS, that helps people overcome their difficulties.

Our goal is to help you feel more like yourself again. A trained therapist is at the end of a phone and will listen to your needs, then support and guide you through the Let's Talk service.

Over the phone or sometimes face to face we will:

- discuss your difficulties
- assess your needs
- suggest a way forward

We can offer help through:

- just one or two telephone calls
- self help reading
- a home computer based therapy
- attending a course
- an individual therapy or workshop

Whatever your journey with us, a member of our team will stay in touch with you and guide you through what can be a difficult time in your life.

Through our active service, you will find out what you would like to change and discover new ways of coping now and in the future.

We aim to help you to understand yourself better and make changes to the way you think and behave so you can feel better.

Services may be offered at your family doctor's surgery or at community sites across the county of Gloucestershire.

Getting help for depression

We can help you to overcome depression by listening to you and encouraging you to make some changes in the way you think and what you do in your everyday life.

We will teach you to manage depressed thoughts, solve some of your problems, get active again and make realistic plans for the future.

You can get this help through our website, over the telephone or face to face in a course or individually.

How to get help

Getting help starts with talking to your GP or making a telephone call. It is easy to contact us through our freephone telephone number **0800 073 2200**.

You can also see how much depression is affecting your daily life by completing our online questionnaire at www.talk2gether.nhs.uk or picking up the Let's Talk Positive Steps to Wellbeing leaflet at your GP surgery.

“Keeping active has been key for me in overcoming depression after the loss of my job”

“I was in such a bad place and had lost hope. I can now see an end to the pain and its feeling much better”

