

## 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](http://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.**

**Also, please have your scores available from answering the questionnaires in this leaflet.**



We are here to help you talk about your worries



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# Let's Talk

## Positive Steps to Wellbeing



## About you

Do you feel stressed, anxious or depressed?

You are not alone. We all go through difficult times. Sometimes our problems can start to affect our day to day lives.

You may find yourself crying a lot, getting snappy, not able to concentrate or avoid things you used to find easy. You may find it difficult to work or take pleasure from everyday activities.

It is important to recognise early signs that you are not yourself. Get help early and quickly.

## About Us

Let's Talk is a free service from the NHS. Our goal is to help you feel more like yourself again.

A trained therapist is at the end of a telephone and will guide you through the Let's Talk service.

Over the telephone we will discuss your difficulties and together we can decide the best next step.

This may be through one or two telephone conversations, attending a course at a college, a home computer programme or face to face therapy.

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

You will also learn new ways of coping now and for the future.

## Questionnaires

The following questionnaire will help you understand if depression or anxiety affects your daily life.

Think about the last two weeks when answering the statements below. Once you have completed your answers, add up all the numbers and match your score against the questionnaire scale.

### Anxiety Questionnaire

Over the last 2 weeks, how often have you been bothered by any of the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3

Your total score

### Use the following scale:

- 0 - 5 = no anxiety
- 5 - 9 = mild anxiety
- 10 - 14 = moderate anxiety
- 15+ = severe anxiety

## Depression Questionnaire

Over the last 2 weeks, how often have you been bothered by any of the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or too much sleeping	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people have noticed, or the opposite – being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

Your total score

### Use the following scale:

- 0 - 4 = no depression
- 5 - 9 = mild depression
- 10 - 14 = moderate depression
- 15 - 19 = moderately severe depression
- 20 - 27 = severe depression