

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**



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Let's Talk

Anxiety

Gaining Control of Anxiety



About Anxiety

Anxiety is something we all experience from time to time. It is a normal response to situations that we see as threatening.

However at times symptoms of anxiety can feel overwhelming and whilst not dangerous, they can be frightening, particularly if someone does not know that these symptoms are just signs of anxiety.

Anxiety can affect you in at least four different ways

- physical symptoms
- how you feel emotionally
- how you think
- how you behave

What happens to your body

- racing heart
- over breathing, tight chest
- sweating, shaking
- churning stomach

Emotional symptoms

- anxious scared worried frightened, panicky
- like something dreadful is going to happen
- tense stressed uptight, on edge

How you think

- imagining the worst and dwelling on it
- constant worrying
- racing thoughts

What you do

- can't sit still and relax, pace up and down
- talk quickly or more than usual
- avoid feared situations
- drinking or smoking more
- eating more/less

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 Anxiety

Anxiety can become a vicious circle. By learning ways of reducing your anxiety you can make it more manageable.

We can work on four different areas:

- understanding anxiety better
- reducing physical symptoms
- altering thoughts related to anxiety
- changing behaviours related to anxiety

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 anxiety or 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.

“ I just can't cope - no matter how hard I try”

“I'm tired but I can't sleep for worrying”

