

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**



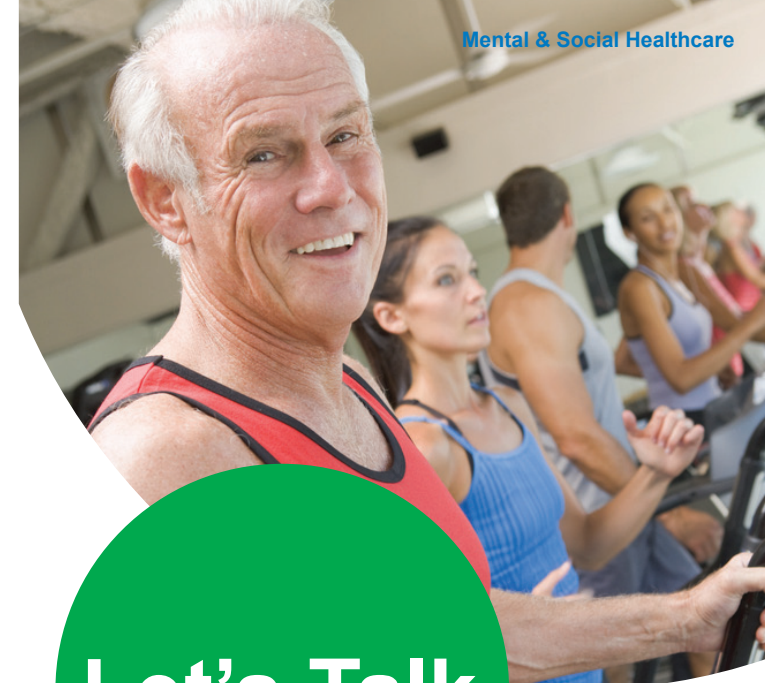
Our website address is **www.talk2gether.nhs.uk**



Write to us at:
 Let's Talk IAPT Services
 121 - 131 Eastgate Street
 Gloucester
 GL1 1PX



We are here to help you



Let's Talk

Health Anxiety

Gaining Control of Health Anxiety

About Health Anxiety

People suffering with health anxiety make very anxious predictions about their current and future health.

Desperate worrying about having a serious, usually fatal illness is a common characteristic and causes significant distress. The pre-occupation persists over many months and does not respond to information and medical reassurance.

Hypochondriasis is another term that is commonly used to describe the condition.

Factors that may keep the health anxiety going include:

- Seeking repeated reassurance from others such as the GP, friends or family (which does not reassure long term)
- Focusing lots of attention on physical sensations and symptoms.
- Checking body for symptoms.
- Seeking medical information to 'diagnose' a physical sensation.

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 Health Anxiety

Cognitive Behavioural Therapy (CBT) for health anxiety would typically involve helping you to more realistically appraise your anxious predictions about your health. You will be gradually helped to reduce your pre-occupation with health by reducing checking, reassurance seeking and self monitoring.

You can get a Book on Prescription through your local GP and library to learn more about health anxiety.

Let's Talk may offer you additional help through a guided self help programme, over the phone, at 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 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.

"Therapy has helped me to stop worrying all the time and to get on with enjoying my life"

