

# Sunderland Psychological Wellbeing Service

## Information for Referrers



**TALK NOW**

**Offering a range of psychological therapies across Sunderland. Call 0191 566 5454 or visit [www.sunderlandiapt.co.uk](http://www.sunderlandiapt.co.uk)**

A partnership between, Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust, Sunderland Counselling Service and Washington Mind

**Sunderland Psychological Wellbeing Service (SPWS) provides a range of therapeutic interventions delivered in Primary Care Centre's, GP practices and community settings.**

## **Who is Sunderland Psychological Wellbeing Service for?**

The service is for people aged 16 years (who have completed Year 11) and over who present with mild to moderate depression and anxiety disorders, including:

- Mild to moderate depression
- Generalised Anxiety Disorder (GAD)
- Stress/Work related stress
- Relationship difficulties
- Family stress
- Loss /Adjustment disorder
- Post Traumatic Stress Disorder (PTSD)
- Agoraphobia
- Health Anxiety
- Social Anxiety
- Panic Disorder
- Specific Phobias
- Body Dysmorphic Disorder (BDD)
- Obsessive Compulsive Disorder (OCD)
- Coping with illness / chronic conditions
- Anger problems
- Eating Disorders (where eating disorder anxiety and/ or depression are also present)

We also offer general mental health assessment and advice.

If you have any doubt about the suitability of our service for your patient, our staff are happy to discuss this with you via our referral line on **0191 5665454**.

## Services available

### Self Help Classes

Self-help classes are weekly sessions for 4-5 weeks. We offer a wide range of self-help classes (lasting 60-90 minutes per class and running over a period of 3-5 weeks) including: Depression, Panic, Stress Control, Mindfulness and Persistent Physical symptoms for people experiencing difficulties with pain and fatigue.

### Guided Self Help

Individual work supported by a Psychological Wellbeing Practitioner delivered either over the phone or face to face. Self-help materials are used to understand and manage problems such as depression, anxiety, stress, panic, OCD, social anxiety, low self-esteem and health anxiety.

### Community Psychiatric Nurses (CPNs)

Community Psychiatric Nurses work with people who experience co-existing problems with depression and anxiety. They utilise a variety of CBT informed interventions when working with people.

### Cognitive Behavioural Therapy (CBT)

Cognitive Behavioural Therapy (CBT) is a structured, active, and collaborative therapy. The therapist will work alongside the person to help change any unhelpful thinking patterns and behaviours that are causing or maintaining their current difficulties. They will be given the opportunity to discuss their problems in relation to how they think about themselves, the world, and other people as well as how what they do, or don't do, affects how they think and feel. A course of CBT will typically last between 8-12 sessions.

## **Interpersonal Therapy (IPT)**

Interpersonal Psychotherapy (IPT) is a structured therapy for people with moderate to severe depression. IPT can typically focus on the following relationship areas:

- Conflict with another person
- Life changes that affect how you feel about yourself and others
- Grief and loss
- Difficulty in starting or keeping relationships going

## **Eye Movement Desensitisation Reprocessing (EMDR) Therapy**

EMDR is used for individuals who have post-traumatic stress disorder/experienced single or 'one-off' trauma that remains unresolved, which can leave them feeling overwhelmed and their brain cannot process the information as a 'normal' memory.

With careful preparation and the support of a therapist, EMDR includes focusing on the traumatic images, thoughts, emotions and bodily sensations of the distressing memory whilst activating the left and right side of the brain.

EMDR can be a powerful and sometimes rapid treatment. It does not require detailed description of the trauma event, exposure work or homework outside of the treatment sessions.

### **Cognitive Analytical Therapy (CAT)**

Cognitive Analytic Therapy (CAT) is a time limited therapy, of typically 16 sessions, that uses ideas developed from both cognitive and analytic psychotherapies. CAT uses a collaborative approach to identifying patterns of thinking, feeling and behaving in a person's life that are unhelpful and causing difficulties. By exploring the underlying causes of these difficulties which are often developing in early life and through early relationships. CAT aims at helping a person to developing ways of understanding and managing these changes.

### **Systemic Therapy**

Systemic Therapy works in ways that acknowledges the contexts of people's families and other relationships, sharing and respecting individual's different perspectives, beliefs, views and stories, and exploring possible ways forward. Some common features of Systemic Therapy are that conversations are collaborative, and as the therapist comes from a not-knowing position, there is genuine curiosity in the person's story.

### **Carers Therapy**

The Carer's therapists can talk through with you how your caring responsibilities affect you and how you feel about the person you care for. The Carer's therapists work with you on how you can create a healthier balance between caring and other aspects of your life.

### **Dual Diagnosis Worker**

A dual diagnosis worker is someone who works with people who have anxiety and/or depression AND ongoing difficulties with drug or alcohol misuse. We would expect that if this is identified as an appropriate treatment that the person is also receiving help from a Drug and/or Alcohol Agency or has stopped drinking or using drugs at that point.

### **Employment Support Advisors**

A service providing advice about training and employment opportunities for people with depression and anxiety.

**As our service is part of Northumberland, Tyne and Wear NHS Foundation Trust we can assist with referrals to other services within the Trust.**

**We are not able to offer support with housing and employment issues. Please refer to the appropriate agency.**

### **How to refer to Sunderland Psychological Wellbeing Service**

Patients can self refer on **0191 566 5454** and online using the self-referral form on our website [www.sunderlandiapt.co.uk](http://www.sunderlandiapt.co.uk)

Our fax number is **0191 5699151**.

**Please note that information sent to the Trust via email is sent at your own risk.**

**GP and professional referrals may be made by fax, telephone or post or alternatively why not encourage the person you are working with to self-refer via telephone on 0191 5665454 or our online website referral form.**

**The referral should include:**

- Referrer's name, address and contact details
- Patient's name, address, date of birth, telephone number
- NHS number (if known)
- Brief description of the problem and previous treatment
- Risk information (self-harm history, suicidal intent, ideation or harm to others)
- Current medication

**Sunderland Psychological Wellbeing Service is happy to advise and discuss referrals.**

**People presenting with the following diagnosis would not be suitable for the service. A referral to the secondary care mental health teams may be more appropriate. Please contact us for further advice.**

## Disorders which may be unsuitable for SPWS

- Bipolar disorder
- Complex eating disorders
- Mania
- Acute psychotic symptoms
- Schizophrenia
- Major drug and alcohol problems
- Personality disorders (where this is the primary focus)
- Complex presentation / disorder which may require care co-ordination
- Significant issues in regard to self and others

**People presenting with high risk/high distress requiring urgent assistance should be discussed with the Crisis Team on 0303 123 1145.**





## Contact details

### Sunderland Psychological Wellbeing Service

Grange Park Clinic  
Monkwearmouth Hospital  
Newcastle Road  
Sunderland  
SR5 1NB

Telephone referral line: **0191 566 5454**

Fax referral line: **0191 569 9151**

General enquiry line: **0191 566 5450**

Website: **[www.sunderlandiapt.co.uk](http://www.sunderlandiapt.co.uk)**

Email: **[spws@cntw.nhs.uk](mailto:spws@cntw.nhs.uk)**

**\*\*\* Please note that information sent to the Trust via email is sent at your own risk \*\*\***

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