

Confidentiality

Confidentiality is very important to us and can be discussed at any time with your therapist.

Records of your treatment will be stored electronically. Only staff within the MyWellbeing College team will be able to access these unless you agree to share them with others e.g. your GP practice. Permission for any sharing of records will be discussed with you.

However, as for all the NHS, specific information may need to be communicated to other professionals (even if you don't want us to) should there be risk of harm to yourself or other people, issues of protection to children or vulnerable adults, or threats to the State.



Useful telephone numbers

Bradford Bereavement

01274 771545

Citizens Advice Bureau

0344 245 1282

Debt Centre (National)

0808 808 400

Guide-Line (12.00 – 21.00)

01274 594594

Mind Centre

01274 730815

Samaritans

01274 547547

First Response

01274 221181

MyWellbeing College

Talking through life's ups and downs

Help is available

We provide a confidential therapy service and we will help you work through these difficult feelings. We can also give you further information if needed.

Working with other local services, we will help you to access psychological therapies which can help you with problems such as:

- Anxiety
- Panic attacks
- Depression
- Relationship issues
- Sleep problems
- Phobias
- Difficult or challenging life events
- Post-natal Depression/Anxiety
- Post-Traumatic Stress
- Obsessive Compulsive Disorder
- Health Anxiety

Appointments are provided in localities across Bradford, Airedale, Wharfedale and Craven, and you may have to travel for your appointment. The service offers appointments between Monday – Friday, 9-5pm. This service is available to people over the age of 16

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How to contact the service

You can register yourself by calling the number below.

0300 5555551

We operate Monday to Friday, 9am to 5pm. Once you contact us we will be able to do your initial appointment straight away, so please allow 40 minutes to do this.

You can also register online at.

www.bmywellbeingcollege.nhs.uk

You will be asked to complete an online form, and then someone will call you over the phone to complete the initial appointment.

If English is not your first language please get your GP to make a referral to us, once we have this we will be able to arrange your first appointment with an interpreter.

What happens next?

We will offer you an initial assessment, usually by phone, to gather more information.

We will discuss with you the most appropriate forms of help or treatment, which may include:

- Information and advice
- Sign posting
- Improving motivation
- Relaxation techniques
- Problem solving
- Assertiveness skills
- Challenging avoidance
- Self-help guidance
- Self-help courses
- Online therapy
- Cognitive Behavioural Therapy, Counselling and other therapies

Not everyone will necessarily need or benefit from talking therapies. If required, you may be referred to another agency or organisation which may be more appropriate to meet your identified needs.

www.bmywellbeingcollege.nhs.uk