











# What is VitaMinds?

VitaMinds is your local NHS talking therapies service, known as IAPT (Improving Access to Psychological Therapies). It is a free service.

We all experience times when we feel like we can't cope, sometimes this can start to affect our everyday lives and prevent us from doing the things we normally do. VitaMinds can help. If you are 16 and over and are registered with a GP in Bristol, North Somerset & South Gloucestershire we can support you and provide you with the tools you need to get things back on track.

## If you are suffering from:

-  Excessive worry
-  Low mood
-  Depression
-  Anxiety
-  Panic
-  PTSD
-  Phobias
-  A lack of motivation
-  Perinatal support (mums and dads) with our partner Bluebell
-  Do you need support as a carer, struggling with employment or feeling lonely? We have a range of structured activities with our partner Windmill Hill City Farm

VitaMinds can provide you with advice and guidance on the best options for you. We will take the time to understand what you need to get back on track.

We provide a range of evidence based talking therapies as well as advice and guidance on community services that can support you in your local area.








## How we can help

Our supportive administration team will register you with our service and inform you of the assessment process. At your assessment one of our practitioners will take the time to talk with you about what's concerning you and provide you with the best options and next steps that can help.

*These initial appointments will usually be offered by telephone.*

## Talking Therapies:

We are able to offer therapies via secure video, text-based therapy, webinars, phone, or face-to-face (one-to-one, in a group). Our practitioners will discuss the most appropriate therapy options with you during your assessment. Our offer of face to face therapy sessions are continually being revised in line with the current government pandemic guidelines, and the safety of our staff and clients.

-  Psycho-educational courses – An opportunity to learn with others about your symptoms and new coping techniques
-  Computerised Cognitive Behavioural Therapy (CCBT) – You need access to a computer for this
-  Self-guided therapy with phone support from a practitioners. 12 months access to a range of self-help materials
-  Cognitive Behavioural Therapy (CBT) – Individual talking therapy that aims to change negative thinking and develop new ways of coping
-  Eye Movement, Desensitisation and Reprocessing (EMDR) – specifically for trauma
-  Counselling for Depression – where you've tried CBT and prefer a counselling approach
-  Couples CBT for Depression – designed to treat depression in couples where there is also relationship distress