

NHS Bury Talking Therapies

NHS Bury Talking Therapies is for people over the age of 16 years, who are registered with a GP in Bury.

We can help you to improve your emotional wellbeing in a safe, compassionate space, if you're experiencing problems such as:

- low mood or depression
- anxiety disorders
- stress
- panic attacks
- sleep problems
- obsessive compulsive disorder (OCD)
- phobias
- post-traumatic stress disorder (PTSD)

We can support you in managing the emotional impact of living with a long-term physical health condition.

We also offer specialist perinatal support, to help with emotional and psychological challenges you experience while you are expecting a baby and after birth.

Our team is made up of psychological wellbeing practitioners, cognitive behavioural therapists, counsellors and employment advisors.

Long Term Conditions Pathway:

NHS Bury Talking Therapies has a Long Term Health Conditions pathway to support patients in navigating the psychological impact of living with long-term conditions. The focus is on helping individuals understand the interaction between physical symptoms and emotional wellbeing, develop effective coping strategies, improve self-management, and enhance overall quality of life.

If you feel our service is right for your needs, we will offer you an assessment to see how our team can help. You may be offered our workshops, groups or online cognitive behavioural therapy. If these aren't suitable, we can also discuss one-to-one treatment options.

Referral Link and Resources:

- NHS Bury Talking Therapies Website:
<https://www.penninecare.nhs.uk/burytalk>
- Refer yourself for support in Bury using the following online self referral form:
<https://www.iaptportal.co.uk/ServiceUser/SelfReferralForm.aspx?sd=2b19eef1-d39c-4ee9-9e78-45e39c4621e5>
- Accessing NHS Talking Therapies in other areas - <https://www.nhs.uk/tests-and-treatments/talking-therapies/>