



NHS

**Dudley Integrated
Health and Care**

Dudley Talking Therapy Service



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photosymbols®



**This information is for everyone and
was put into easy read by Dudley
Voices for Choice using
Photosymbols.**

We can help and support you if you have



Anxiety

This is when we worry a lot



Depression or feel low in mood

Low in mood means sad all the time



Feel Stressed

This is when we worry all the time



Panic

This is when we get scared



Have phobias

A phobia is when we are really scared of something.



If you are over 16 years old and have a GP in Dudley, we may be able to help you.

What we may offer you



We have lots of different ways to support you and we will work with you to find out which one is right for you.



It may be a workshop



Reading books



Group or therapy on your own



Tell you about other places that will be able to help too.



Computerised cognitive behaviour therapy

What we can do for you



You can talk to someone who is trained to listen on the telephone



We will listen to you and not judge you



We will support you to talk in a safe and confidential place



We will make sure you are getting the right help by doing regular reviews



You will need to want to work with us.

How to get the support from Dudley Talking Therapy



Visit our website

<https://www.dihc.nhs.uk/find-a-service/dudley-talking-therapy-service>



You can ask your GP to refer you.

Give feedback

Freepost RRRG-BBTC-
UKSE

Black Country Healthcare
NHS Foundation Trust
Service Experience Desk
Delta House
Greets Green Road
West Bromwich
B70 9PL



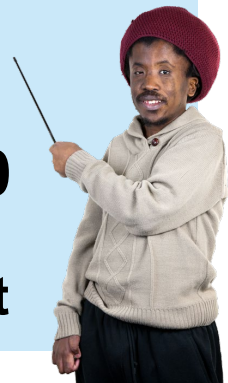
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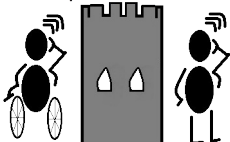
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Dudley Voices for Choice



This easy read booklet about your information was made by Dudley Voices for Choice

