



"When life was overwhelming,
the support and techniques I
learned gave me control back.
I'm truly thankful."

Service User Feedback

How to get our help:

You can contact us directly or ask your GP to refer you.



0121 612 6650, 9am – 5pm, Monday to Friday (excluding bank holidays).



www.Sandwelltalkingtherapies.nhs.uk



Professional interpreters
available and our website
features translation and
accessibility support.

NHS

**Sandwell
Talking Therapies**



for anxiety and depression

FREE

confidential, and tailored for you



**For anyone aged 16 or over registered
with a Sandwell GP**



0121 612 6650, 9am – 5pm, Monday to Friday (excluding bank holidays).



www.sandwelltalkingtherapies.nhs.uk

NHS

**Black Country Healthcare
NHS Foundation Trust**



In a crisis?

For urgent help, contact your GP,
visit A&E, or call 111 and select
option 2; in case of an
emergency, dial 999.



Feel healthier and happier with

NHS Talking Therapies

Sandwell Talking Therapies is a free and confidential service for individuals 16 and older registered with a local GP.

We provide professional support for mental health challenges like anxiety, stress, and depression.



Find out more at:
sandwelltalkingtherapies.nhs.uk



0121 612 6650, 9am – 5pm,
Monday to Friday (excluding bank
holidays).

What we offer

Our therapists are kind and understanding, and they never judge you.

We help you in the way that works best for you either by:

- phone
- video
- email
- face-to-face.

Tell us what you're going through – we're here to help you feel better

Types of Therapy

- **Guided self-help:** For anxiety, low mood, and other difficulties.
- **CBT (Cognitive Behavioural Therapy):** Including computer-aided CBT.
- **EMDR (Eye Movement Desensitisation and Reprocessing):** For trauma.
- **Counselling:** For depression.
- **Interpersonal Psychotherapy (IPT):** For relationship difficulties.
- **Couples Therapy:** For depression.
- **Online Tools:** Access therapy digitally, anytime.



"The personalised service and practical techniques made a difference. The therapist really understood my needs."

Service User Feedback

Steps to get started

Step 1: Reach Out

Contact us through our website or by phone. We are available to listen and understand what you're going through from Monday to Friday, 9 am to 5 pm.

Step 2: Assessment Call

We'll quickly find out if our services are right for you with an initial phone call. During this call, we'll plan how we can best help you feel better.

Step 3: Begin Your Therapy

After the assessment, we'll suggest the best therapies for you and aim to start quickly, always keeping in mind what works best for you.

Ready to Get Started?

If you're not in another mental health program or on a waiting list, you can start straight away.



Black Country Healthcare
NHS Foundation Trust