

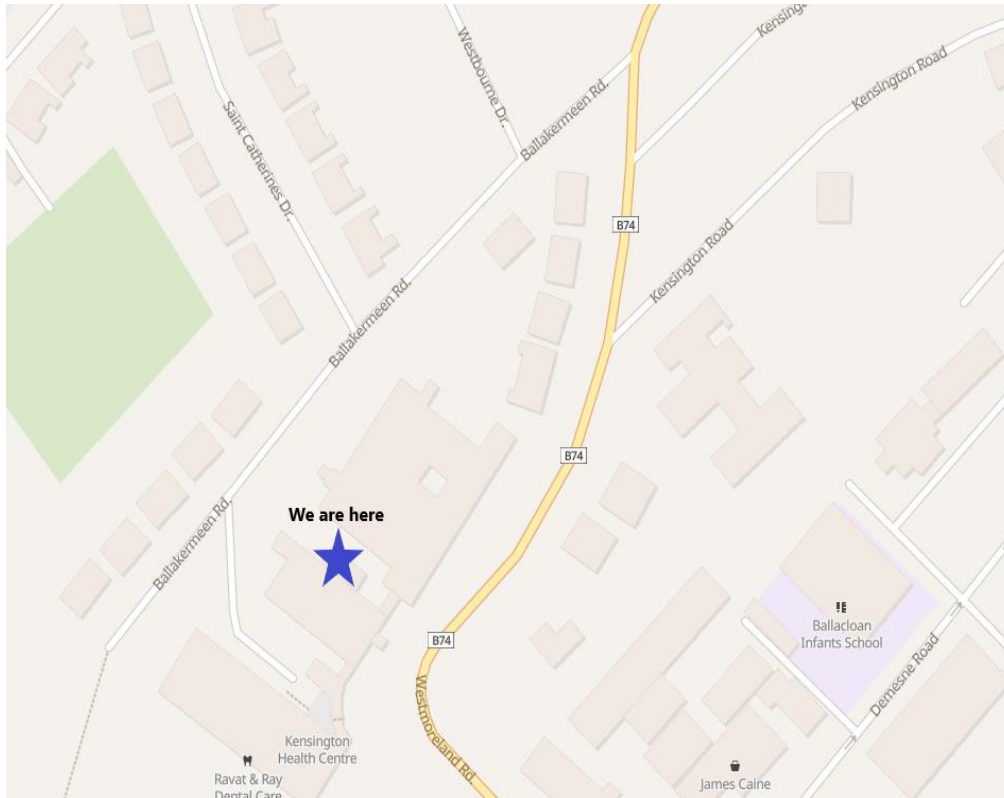
A copy of this document is available in large print or audio format upon request.

Community Wellbeing Service

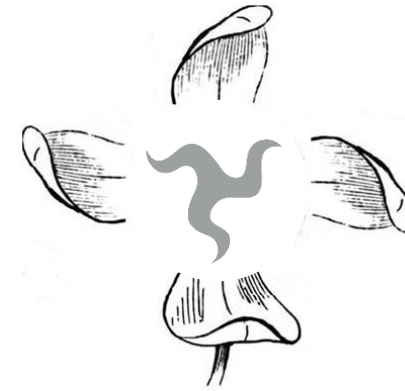
Counselling & Therapies, Ballakermeen Road, Douglas IM1 4BR

Tel: (01624 642540)

Web: www.gov.im/self-referralCWS



(Community Wellbeing Service)
**Counselling and Therapies
Team**



To self-refer: <https://www.gov.im/self-referralCWS>

(Please read inside before self-referring)

Last Updated: February 2024

About us:

The Counselling and Therapies Team offers a range of **brief** interventions that aim to enable individuals to manage their wellbeing more effectively.

What we offer:

- Guided self-help
- Occupational Therapy
- Counselling
- Cognitive Behavioural Therapy

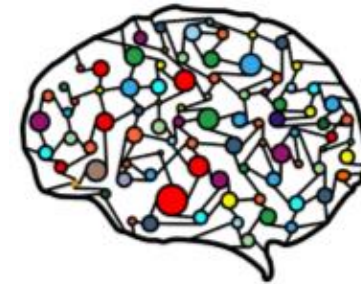


Who can access our service:

- People aged 16+
- Registered with an Isle of Man GP
- People experiencing **mild to moderately severe** common mental health problems

Mild to moderate common mental health problems, including:

- Low mood and depression
- Anxiety and worry
- Obsessive-compulsive disorder (OCD)
- Panic
- Post-traumatic stress disorder (PTSD)
- Agoraphobia
- Social anxiety
- Health anxiety



Manx Care is committed to protecting your privacy and will only process personal confidential data in accordance with Data Protection Act 2018, the Data Protection (Application of GDPR) Order 2018, the Common Law Duty of Confidentiality and the Human Rights Act 2001 <https://www.gov.im/about-the-government/statutory-boards/manx-care/manx-care-privacy-notice/>

The different types of interventions we offer:



Guided Self-Help - is an effective first-step talking-therapy. It involves working through a self-help booklet with an assistant psychologist. Guided self-help aims to give you a better understanding of your issues and enable you to help yourself. Sessions are 30 minutes in duration and interventions are generally limited to 8 sessions.

Occupational Therapy (sometimes referred to as OT) will focus on developing, recovering, teaching, increasing independence and maintaining skills to maximise your mental health and wellbeing. It is a practical activity based intervention which will concentrate on your future, identifying any difficulties as challenges to be overcome during a bespoke therapy programme.

Organisation	Description	Contact
Relate	Relationship counselling. Relate set their own charges	01624 623902
Samaritans	A listening service. Available 24hrs a day, 365 days a year. You can also email them on jo@samaritans.org	116 123
Staff Welfare	Available to all IoM Government employees . A free and confidential counselling service providing support on a wide range of issues	01624 687027
Victim Support	Support and help for victims and witnesses of crime, their family, and friends.	01624 679950

Need Help Now?

If you require immediate urgent help contact the Crisis Response and Home Treatment Team on: (01624) 642860

If you are not in crisis but would find it useful to talk to someone you can Contact the Samaritans on:

116 123

If you feel that you need to review your care (or medication) you can Contact your **GP** for an appointment.

Signposting Suggestions and Local Resources:

Organisation	Description	Contact
Autism Initiatives	Support for those on the autistic spectrum	01624 814801
Crisis Response & Home Treatment Team	Crisis Response Home Treatment Team (CRHTT)	01624 642860
Crossroads	A charity providing practical and emotional support for carers	01624 673103
Cruse Bereavement Care	Free and confidential bereavement support service	01624 668191
Debt Counselling Service	Help with sorting out your debts. Provided by the Office of Fair Trading	01624 686510
Housing Matters	Advice, guidance and support around housing	01624 675507
Manx Cancer Help/Lisa Lowe Centre	Psychological therapy and support for cancer & long term conditions	01624 679544
Manx Decaf	Dementia support cafe	01624 642879
Motiv8	Addiction support service, made up of a team of counsellors who specialise in addictive behaviours.	01624 627656
Parent2Parent	A local charity founded by parents who have experienced difficulties within their families and are finding comfort in supporting each other.	07624 240999
Qwell	Online counselling accessible through your mobile, tablet, or computer.	www.qwell.io

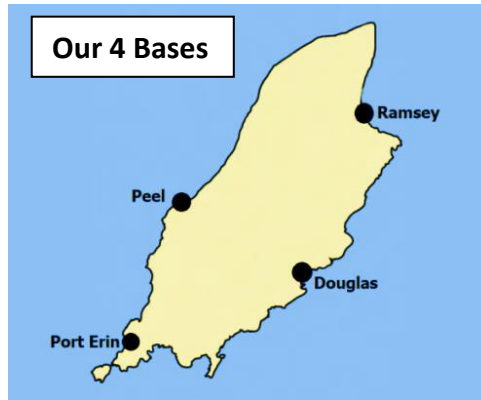
Counselling – is a non-directive, collaborative process in which you and your Counsellor work together to find the most effective means for you to address your difficulties, drawing on a flexible range of strategies for change. It is not advice-giving but could enable you to gain personal insight & growth to find your own answers.

Cognitive Behavioural Therapy – (often abbreviated to CBT) combines cognitive therapy (examining the way you think) and behaviour therapy (examining the things you do). It also comes under the umbrella of talking therapies, and is a relatively directive approach. In CBT the therapist and the individual work together to identify the problem which they agree to work on. Each session follows a structured format (with a working agenda) and lasts approximately 50 minutes. It often involves homework/session tasks for you to test out what you have learnt.

Please note: All therapies are time limited and the type of therapy you are offered will depend on the outcome of your initial screening assessment.

Where will the sessions be?

Our main office is in Douglas, but we are also able to provide some interventions in Ramsey, Peel, & Port Erin.



Your sessions might require you to venture out into the community.

Interventions may also be offered either over the telephone, or via video call, in which case you do not need to travel and will be able to take the call in your own home.

How often will I have a session?

Sessions are generally held weekly.
Our team works 9-5, Monday – Friday.

Sessions are between 30 minutes to an hour long (depending on the intervention).



MAY

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

What is required of me?

Please take time to consider whether now is the **right time** for you to seek therapy. It is important that you have the motivation and time to invest. Interventions require effort and persistence on your part.



Being able to attend appointments **consistently** (usually weekly) is essential.

It is also likely that you will be expected to do certain tasks (**homework**) in between sessions, in order to carry into your daily life the things you have learned in therapy.



A professional can give you **tools** but you have to be committed to practicing them and helping yourself.

How to access our service:

If you have read the previous pages and feel that now is the right time for you, please self-refer online at:

<https://www.gov.im/self-referralCWS>

If you are unable to access the internet you can also self-refer by calling us on 642540 to request the self-referral forms in a paper format which we will send to you in the post.