

"It changed my way of thinking completely. We both cannot believe the change in my attitude and to my health."

"I enjoyed weekly phone calls because it also allows me to reflect on what I have achieved during the week."

What does therapy involve?

Talking therapies usually involve weekly appointments with Lincolnshire Talking Therapies staff to work through your difficulties. You need to be able to commit to these sessions and be able to do some work at home in preparation for your next appointment.

Lincolnshire Talking Therapies is for mild to moderate mental health problems. It is not an emergency service. If you need immediate help, please contact your GP or their out of hours service.

Alternative support services are detailed below:

- NHS 111 number
- Samaritans 116 123
- Sane Line – 0300 304 7000 (4.30pm-10.30pm)
- The Silver Line (helpline for older adults) 0800 470 8090
- Single Point of Access – 0303 123 4000 (24 hours a day)
- You can also present at your local A&E if you are unable to keep yourself safe or you have self-harmed and require medical attention.

If you would like this leaflet in another language or format, such as Braille, large print or audio, please contact:

如果您想要將本傳單用其他語言或格式，例如盲文、大號字體或音頻來顯示，請聯繫：

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Jeżeli chcieli by Państwo otrzymać kopie ulotki w innym języku lub formacie, np. w alfabecie Braille'a, w powiększonym druku lub jako nagranie audio, prosimy skontaktować się z:

Se pretende una copia deste folheto noutro idioma ou formato, tal como Braille, letra de imprensa ou audio, contacte por favor:

Если вам нужна данная информация на другом языке или в ином формате, как, например, шрифтом Брайля, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь:

Single Point of Access Contact Centre

Sycamore Unit
Beacon Lane
Grantham NG31 9DF

Tel: 0303 123 4000 (charged at local rate)
Fax: 01476 579011

Email: lincs.spa@nhs.net
www.lincolnshiretalkingtherapies.nhs.uk

Communications Team

Lincolnshire Partnership NHS Foundation Trust
E: lpft.communications@nhs.net

Every effort has been made to ensure that the information in this leaflet was correct at the time of print. However, changes in law may mean that in time some details in this leaflet may be out of date.

Anyone using our services will be treated with dignity at all times and their faith and cultural needs will be accommodated where practically possible.

The Trust is fully compliant with the Data Protection and Confidentiality: NHS Code of Practice requirements.

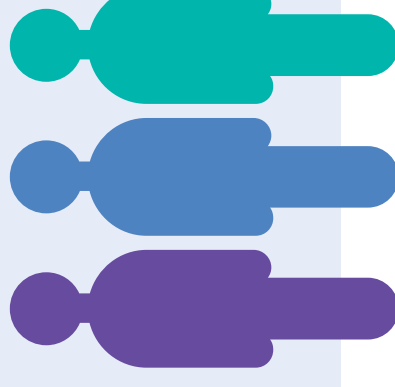
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Lincolnshire Talking Therapies

Long Term Conditions Service

You are not alone.



Contact Lincolnshire Talking Therapies to access a range of therapy services quickly and easily.

www.lincolnshiretalkingtherapies.nhs.uk

0303 123 4000



for anxiety and depression

Service provided by Lincolnshire Partnership NHS Foundation Trust

What is the Lincolnshire Talking Therapies long term conditions service?

If you have a long term health condition, you are three times more likely than the general population to develop difficulties with your mood. You don't need to struggle on your own!

Lincolnshire Talking Therapies (LTT) provide short term therapy for people with common mental health problems. This is a FREE and confidential NHS service for anyone in Lincolnshire aged 16 or over who is feeling stressed, unhappy, depressed, sad, worried or anxious.

LTT Long Term conditions service (LTC) is a dynamic service which provides support for adults diagnosed with a long term health condition (LTC) or medically unexplained symptoms (MUS), who are experiencing symptoms of anxiety or depression.

Living with a long term health condition can be very frightening and we know that a person's physical and mental health are intrinsically linked. There is clear evidence that the presence of LTCs or MUS increase the risk of mental health problems and vice versa.

How will Lincolnshire Talking Therapies help me with long term conditions?

Our team of experienced and qualified professionals will work with you to help you understand your mood problems and show you a new way of coping. Our therapists have had specialist training to work with people with long term health conditions. This means they are able to help you with a range of problems that are common among people who have physical health problems, including low mood, worries, stress, and difficulty coping. Working on these problems can help you improve your overall wellbeing and quality of life.

You will get a chance to talk about your difficulties in a confidential and non-judgemental environment. Then you will receive an individually tailored treatment package to help.

Visit www.lincolnshiretalkingtherapies.nhs.uk for more details or speak to your medical practitioner who can also refer you into the service.

Information about the service

The service offers CBT which is delivered by trained CBT therapists that is delivered at both low and high intensity. CBT looks at the way we think and behave and how this impacts the way we feel.

We also provide Counselling which focuses on emotional issues, and have specialist employment advisors who can support with any employment issues. We offer these therapies face to face within healthcare settings, online and via telephone. We aim to work as closely as possible with physical healthcare teams to provide a fully integrated model of care.

We will adapt therapy where necessary to account for individual needs, and we will also adapt session lengths and add breaks to sessions if necessary. We can also offer adaptations to the number of sessions and will be flexible with the cancellation policy/non-attendance if physical healthcare appointments clash and treatments mean sessions need to be rearranged.

We will also offer joint appointments with physical healthcare teams to integrate care fully and provide joined up working. If people are housebound due to their physical health condition, we can provide home visits.

The service works with people with a wide variety of health conditions including:

- Diabetes
- Cardiac Disease
- Respiratory disease/COPD
- Cancer
- Stroke
- Medically unexplained symptoms (MUS)
- Neurological conditions
- Long Covid
- Gastroenterology

- Musculoskeletal
- Autoimmune
- Renal

What happens next?

You will be offered an initial assessment which will be carried out digitally or face to face by a trained clinician.

During the assessment you will be asked questions about how you are feeling and behaving and what you are thinking, to find the best way to help you. Everyone is different so we will work together to decide the most appropriate treatment.

What help does Lincolnshire Talking Therapies offer?

We will work closely with your specialist physical healthcare clinicians to make sure what we do compliments your LTC.

Following assessment, most people will initially be offered CBT based guided self-help in the form of courses, computerised CBT, telephone sessions or face to face.

If following this course of therapy further treatment is indicated, we can then offer you this in the form of:

- Cognitive Behavioural Therapy (CBT)
- Counselling
- Interpersonal Therapy (IPT)
- Eye Movement Desensitisation and Reprocessing Therapy (EMDR)
- Mindfulness

We can also offer support via our Employment Advisor Service, for people who are having difficulties at work due to common mental health conditions.