

COLNE MEDICAL CENTRE

Website: www.colnemedicalcentre.nhs.uk

Therapy for You – Free talking therapies from the NHS

Therapy for You can provide support for many issues, such as loss and bereavement, adjusting to later life, anxiety, and depression. They can also help people cope mentally with long term physical health conditions, for example cardiac or respiratory problems, long COVID, stroke.

Support can be in different forms such as talking therapies, CBT, couples counselling or group sessions and an assessment is made following a referral to decide which is most appropriate for the patient.

The service is intended for patients suffering from mild to moderate symptoms of anxiety, depression, worry or stress, although Therapy for You has links with Samaritans and SHOUT for immediate support if required. They provide a 9 to 5 service, with assessment appointments generally being offered within 7 days of a referral.

Therapy for You accept referrals for over 16s. Younger patients can be referred to CAMHS (Children and Adolescent Mental Health Services) through a clinician. Further information can be found on their website or by picking up a leaflet in the surgery.

Referrals can be made by a healthcare professional, or patients can self-refer through the website: therapyforyou.co.uk or by phoning 01206 334001.

Veteran accreditation

The practice has just received Armed Forces veteran friendly accreditation. This is a programme run by the Royal College of General Practitioners (RCGP) and NHS England to recognise and support practices in delivering the best possible care and treatment for patients who have served in the armed forces, regardless of how long they served for. This should help us better identify and treat veterans, refer them where appropriate to dedicated NHS services and capture better data to improve future health provisions.

Veterans should receive priority care for military attributable conditions, subject to clinical need. The practice has amended its registration process, so that we can identify veterans when they join the practice. If you or a family member are a veteran, please let us know so that we can code our records accordingly.

Thank you for reading.

Katie Pirie
Practice Manager