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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.



The poster features a green and dark blue background with a photo of two smiling women on the right. Logos for Mind, The Mental Health Toolkit, and The Colte Partnership are at the top.

 **Mind**
Mid and North
East Essex

 **The Mental Health Toolkit** ©

 **The Colte Partnership**[®]
At The Heart of Primary Care

Mental Health toolkit

This fully funded half-day training course takes you through the Mental Health Continuum - the spectrum of mental health that we are all on - and introduces the Emotional Needs & Resources approach.

Tuesday 4th March 2025 - 09.30am-13.00pm
including breaks

The Willow Room, Beth Chatto Plants & Gardens,
Clacton Road, CO7 7DB

Limited spaces available To book your space, please email:
colne.colte@nhs.net

Digital Consultations

The surgery is now using Anima for digital consultations. If you haven't already created an Anima Health account, please use <https://patients.animahealth.com/blue/signin> for information and help or speak to a receptionist.

Enhanced Access Clinics

Enhanced Access appointments are available for Colte patients on Saturdays in February as follows:

1st – Riverside Health Centre, Manningtree

8th – Rowhedge Medical Practice

15th – Tiptree Medical Centre

22nd – Walton Medical Centre

Telephone appointments are also available every weekday evening from 6.30-8pm.

Please contact reception to book an appointment in any of these clinics.

Thank you for reading.

Katie Pirie

Practice Manager