Rightsteps®
Working together for wellbeing and recovery

Wakefield District

Are you experiencing anxiety, low mood or stress?

Here to help

This booklet is designed to help you choose the treatment that you think would best meet your needs
Inside this booklet

This booklet is designed to help you choose the treatment that you feel best suits your needs.

Take time to look through all the treatments we offer, which are all recommended by NICE (National Institute of Clinical Excellence) and provided by our practitioners who are all highly trained.

Every treatment that you see in this booklet is free of charge.

If you need any further information then please contact us on 01924 234860.

If you are unsure which treatment option is for you, we can offer a screening assessment in which a practitioner can offer guidance on suitable treatments.

If after this assessment we decide together that our service is not best placed to help you at this time, we will suggest other services that may be able to help and support you.

About Rightsteps Wakefield

The aim of the service is to provide fast acting psychological treatments, sometimes called talking therapies, to people with common mental health problems such as low mood, anxiety and general stress.

If you are aged 18 years or older and are registered with a GP surgery in the Wakefield District, you can access our services by contacting us directly. This service is being delivered in partnership with NHS Wakefield District.
How do I know if Rightsteps is right for me?

Below are some quotes which are typical of the clients who have already accessed Rightsteps

“There is an increase in pressure at work and this has led me to feel generally stressed and anxious all of the time. I am finding it hard to fall asleep at night, get headaches and finding it hard to relax.”

“I constantly worry about my health and have thoughts that I have cancer or another serious illness. This makes me feel very anxious and leads me to insist on invasive medical examinations and spend a lot of time researching symptoms.”

“I feel that I just constantly worry all of the time. It would be easier to say what I don’t worry about. This leads me to feel fidgety and restless and I’ve noticed that I’ve stopped going out as much because I worry about what people are thinking of me or what might happen.”

“I currently feel low in mood and tearful all of the time and feel like I have no energy or motivation. I don’t like going out of the house and have stopped seeing people outside of my family. I feel guilty because I don’t have any reason to be like this.”

Disorders treated at Rightsteps:

- Stress
- Anxiety
- Body Dysmorphic Disorder
- Agoraphobia
- Low self-esteem or low confidence
- Post Traumatic Stress Disorder
- Chronic Pain and Long Term conditions
- Depression and low mood
- Obsessive Compulsive Disorder
- Panic Disorder
- Phobias
- Social Anxiety
- Health Anxiety
- Medically Unexplained Symptoms

If you think any of this sounds familiar, then you are not on your own. Most people will suffer from stress, anxiety or low mood at some point in their lives, and this is where Rightsteps can help. We here to help you help yourself.
Treatment options

We offer a variety of groupwork and one-to-one therapy options which are all designed to support you in the most flexible way possible.

In the following pages we have given brief details of the different options to help you make your own choices about the treatment you feel would fit best.

If you are not sure which option is for you, a therapist can offer you an assessment and talk you through the options that they feel would best meet your needs.

Employment support

All clients who are engaged with any of the treatment options in this booklet have access to support from our in-house employment project worker. This employment support can include one to one sessions or group workshops and is tailor made to meet your specific needs.

Our support can include CV writing and interview skills, help with finding and applying for placements, voluntary and paid employment and general support with maintaining or getting back into employment.

Positive Steps Seminar

Our Positive Steps Seminar is an informative class which provides you with general coping strategies and techniques for dealing with stress, anxiety and low mood. There is no pressure to talk about your problems in front of others. You can just sit back and learn some great ways to control stress.

Group work

It is okay to be shy and you will not need to disclose any personal or difficult information.

The course runs for 6 weeks and each session lasts about an hour.

- **Week 1** Information About Stress
- **Week 2** Controlling Your Body: Relaxation and Exercise
- **Week 3** Controlling Your Thoughts: Learn to Think Your Way Out of Stress
- **Week 4** Controlling Your Actions: Boost Self Confidence
- **Week 5** Control Panic and Symptoms of Anxiety
- **Week 6** Control Sleep Problems and Control Your Future
The groups can contain between 6-16 people and are run over a number of weeks. This approach means that those attending benefit from multiple sources of support and feedback, as well as the experience of learning from others’ struggles and progress.

Benefits of attending the group include the multiple sources of support and feedback, and the experience of learning from others’ struggles and progress.

Managing Chronic Pain
This group provides skills to help you manage all types of pain. The sessions aim to help improve your quality of life and functioning as well as lift your mood and overall outlook.

Managing Low Self Esteem
This group help you identify your patterns of self-critical and anxious thinking and aims to help improve your mood and self esteem by teaching you new coping strategies.

Managing Workplace Stress
Learn more about the common causes of workplace stress and how to manage it. Find out more about the support available and who to contact.

Mindfulness and relaxation
Teaches a form of meditation which helps us develop our inner resources to cope with negative emotion, poor sleep, anxiety and illness.

Improving Your Sleep
This workshop looks at teaching you techniques to improve your sleep, whether its sleep too much, too little or just poor quality sleep—and whatever the cause of your sleep problem.

Assertiveness Skills
Develop to techniques to help you build on your assertiveness and confidence skills.

Managing Panic Attacks
Learn more about your panic attacks, what’s caused them, what keeps them going and how can you manage them.

Low Mood
Learn ways to improve your low mood. By helping you recognising your negative thinking and behaviour and changing these.

Managing Workplace Stress
Learn more about the common causes of workplace stress and how to manage it. Find out more about the support available and who to contact.

The group had a laid back and informal atmosphere and gave me a new perspective. It has made such a big difference. Sharing experiences was a massive factor in the success of my therapy.

We also offer workshops that are seasonally appropriate

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Guided self help

Our team of Psychological Wellbeing Practitioners (PWPs) can work with you on a one-to-one basis either by telephone or in person at the Rightsteps office, delivering low intensity psychological interventions also known as guided self help.

Our PWPs work with:

- Stress
- Depression and low mood
- Worry and anxiety
- Panic attacks
- Health anxiety
- Phobias, such as spiders, heights, lifts etc.
- Obsessive compulsive disorder
- Chronic pain and long term illness
- Sleep problems

PWPs provide short-term talking therapies, guided self-help and psycho-education to help you develop new coping strategies to manage your symptoms yourself. PWPs can work with you for up to six sessions, each of which last for 30 minutes.

Our PWPs also offer Computerised Cognitive Behavioural Therapy (CCBT) programmes which can help you to manage problems relating to anxiety and depression in your own home.

The programmes are easy to use and you can work at your own pace. All you need are some basic IT skills and access to a computer and the internet.

The programmes are 100% confidential and are supported throughout by a Psychological Wellbeing Practitioner.

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Cognitive Behavioural Therapy

Our team of trained therapists can offer short term Cognitive Behavioural Therapy (CBT) on a one-to-one, face-to-face basis at a variety of locations across the Wakefield District.

CBT can be helpful in the treatment of:

- Depression (including post-natal depression)
- Complex anxiety problems
- Panic disorder and Agoraphobia
- Social anxiety
- Health anxiety
- Post-traumatic stress disorder (PTSD)
- Obsessive compulsive disorder (OCD)
- Body dysmorphic disorder
- Long term health conditions, medically unexplained symptoms and chronic pain

Treatment will examine the causes of your difficulties and focus on what is maintaining the problem both now and in the future. The aim of CBT is to help you become your own therapist, not only managing a specific episode of anxiety or depression, but also teaching you life skills to ensure that the problems do not return in the future.

Individual sessions are arranged and are up to an hour in duration.
Interpersonal Therapy

Interpersonal Psychotherapy (IPT) is a short term therapy for the treatment of depression.

IPT is based on the idea that the symptoms of depression have multiple causes, usually associated with something going on in your life and, more specifically, difficulties within relationships. IPT works on the understanding that the quality of interpersonal relationships can cause, maintain or protect against depression.

IPT is particularly effective when depression is the result of conflict in relationships, complex grief or loss of a life role.

Individual sessions are arranged and are up to an hour in duration.

Eye Movement Desensitisation and Reprocessing Therapy

Eye Movement Desensitisation and Reprocessing (EMDR) therapy at Rightsteps is used in the treatment of post-traumatic stress disorder (PTSD).

PTSD results when a person witnesses, hears about or is involved with a traumatic incident such as a car accident or assault, resulting in anxiety, high emotional distress and vivid flashbacks or nightmares, known as reliving.

EMDR is an approach which speeds up the process of healing from emotional distress caused by a traumatic event.

Sessions typically last 90 minutes and are face-to-face with a trained therapist.

Counselling for Depression

Counselling focuses on supportive listening and offers clients a confidential, secure space in which to confront, change or channel feelings of low mood or depression. The majority of counsellors do not advise or tell you what to do but help you find answers within yourself.

Individual sessions are arranged and are up to an hour in duration.
About Turning Point

We turn lives around every day by putting the individual at the heart of what we do. Inspired by those we work with, together we help people build a better life.

Turning Point is the UK’s leading social care organisation. We provide services for people with complex needs, including those affected by drug and alcohol misuse, mental health problems and those with a learning disability.

Useful services and resources

**NHS Direct**
111
Health advice 24 hours a day

**Samaritans**
01924 377 011
24 hour helpline for people in distress

**CRUSE Bereavement Counselling**
01977 708 335
Offers confidential help to bereaved people

**Relate Relationship Counselling**
07769 976 620
Offers confidential support for couples

**National Debt Line**
0808 808 4000
Financial advice for those in debt

**Citizens Advice Bureau**
0844 499 4138
Practical advice of a variety of life issues

**Wakefield Alcohol Team**
01924 330 501
Confidential support for anyone experiencing problems with alcohol

**Wakefield Adult Treatment Service**
01924 377704
Confidential support for anyone experiencing problems with drug use

**Useful websites to access self help materials:**
- www.moodgym.anu.edu.au
- www.ntw.nhs.uk/pic/selfhelp

How we manage your information

Turning Point Rightsteps Wakefield Service keeps the information that you share with us on a dedicated computer system to ensure that it is stored safely and securely. This is accessed and used by staff to plan and monitor your treatment. Information is shared with your GP and other health care providers who need to be involved in your care to ensure that you receive the correct treatment at the right time. On occasions we may also need to share information with other professionals if you tell us something that leads us to believe that you or someone else is at risk of harming themselves or another person; if you inform us of a criminal activity or we have any child protection concerns. Should this be the case we will endeavour to discuss this further with you and involve you in the process wherever possible.

If you would like to request a copy of any of the records that we keep on our system for yourself, please request this in writing, with your signature, and send this to us or drop it in to the Rightsteps office. We will provide you with your records within 40 days of receiving your request.
The therapist made me feel at ease at all times. This gave me the confidence to open up and talk openly about my problems. Everything was done really well. I am now on the right track to having a more positive life.