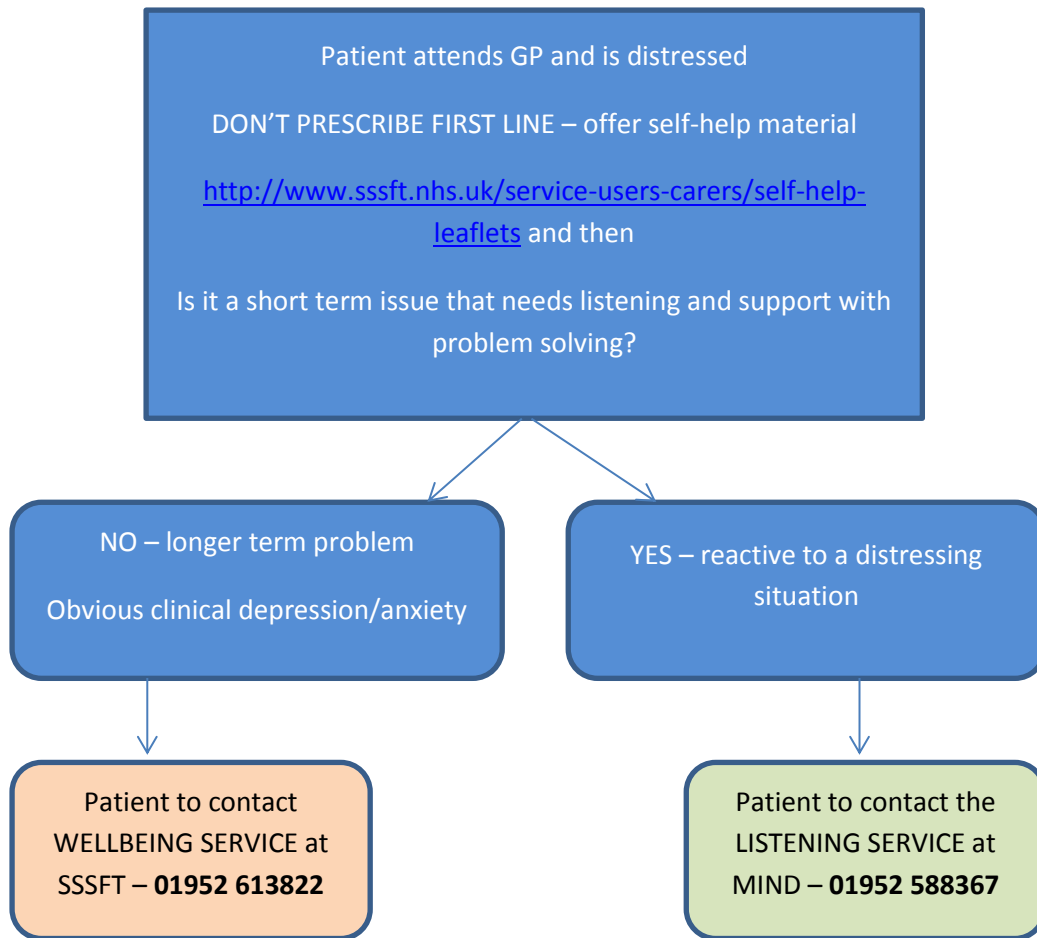


Depression and anxiety referral pathway Telford and Wrekin CCG



Wellbeing Service –

- Access 5 days a week- some bookable appointments Saturday and evenings after initial assessment
- Offers- CBT, specific counselling and interpersonal therapies including groups to support people with depression and anxiety.
- The person will be assessed within 2 weeks and offered some treatment straight away. *(They may occasionally be a delay in offering 1:1 CBT of up to 18 weeks but this is not usual now-July 16)*
- The GP provides the relevant referral leaflet to the patient should then contact the service direct.

Listening Service –

- Open 9am-3pm- Monday, Tuesday, Wednesday and Friday at Sutton Hill MIND also by telephone no – 01952 588367.
- Offer- 1:1 listening sessions- 3 over a 6 week timescale with access drop-in sessions if required.
- Will support problem solving and signposting where appropriate (e.g. housing, DWP).
- If further therapeutic therapy is required they will be referred to the Wellbeing Service
- GP advise patient to telephone or drop in