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**Themes:** Advocacy, Counselling, Mental Health

**Aimed at:** Adults 18+

We provide free NHS talking therapies for adults, to help with common issues like low mood, stress, and anxiety. We provide our services in Nottingham and Nottinghamshire, Bassetlaw, Derby and Derbyshire, Peterborough, Kent, Medway, and via our partnerships in Wirral, Newcastle upon Tyne, and Teesside.

Our Bassetlaw service provides free and confidential talking therapies to anyone 18+ years who is registered with a GP in the Bassetlaw area.

Get started

We accept self-referrals, as well as from GPs and other health professionals, and can offer help to anyone struggling with common mental health problems such as:

Anxiety

Depression and low mood

Panic

Health anxiety

Insomnia

Stress

Obsessive compulsive disorder (OCD)

Bereavement and loss

If you would like to learn more about the common mental health issues we can

support, please visit our How are you feeling? section.

To support people with their difficulties, we offer different therapies such as:

CBT (cognitive behavioural therapy)

Digital CBT (online therapy course)

Guided self-help based on CBT

EMDR (eye movement desensitisation and reprocessing)

IPT (interpersonal therapy)

Counselling

The best therapy will depend on your particular situation. If you would like further information on therapies we offer, please visit the How can we help you? section.

If you would like to book an appointment, please fill in our self-referral form now and a member of our friendly patient coordinator team will contact you.

The first step when you are seeking help is the biggest. We want to make that as easy as possible, and we will be with you every step of the way. We will support you all the way through the process. We know it can be hard to take that step, let us help to take it with you.

Why we do it:

We passionately believe in increasing access to psychological therapies that work. That people should be able to access these treatments as quickly as possible when they need them and that the people who provide them should be well trained and supported. We aim to put your needs at the heart of all we do.

**Area:** Bassetlaw

## **Contact Details**

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