

If you would like to see us

telephone us on
020 3228 2194

email us at
sptsadmin@slam.nhs.uk

write to us at
**Southwark Psychological Therapies Service
PO Box 53651
London
SE5 5FD**

or ask your GP or other health
professional to make a referral for you

**Our service is open to all adults, age 18 years
upwards, living in Southwark seeking help
with anxiety and depression. There is no
upper age limit.**

Options available

If you'd like a large print, audio, Braille or a translated
version of this leaflet then please ask us.

Complaints

If you are not happy about something but not sure you
want to make a formal complaint you can speak to a
member of staff directly, alternatively you can contact the
PALS Office on freephone 0800 731 2864. If you decide
you want make a formal complaint this can be done by
contacting the Complaints Department:

Complaints Department, Maudsley Hospital,
Denmark Hill, London SE5 8AZ

T: (020) 3228 2444/2499
E: complaints@slam.nhs.uk
W: www.slam.nhs.uk

Useful contact details

SLaM Switchboard: 020 3228 6000
SLaM 24hr Information Line - Advice on how
to access SLaM Services: 0800 731 2864

Contact our Patient Advice and Liason
Service (PALS) for help, advice and information:

T: 0800 731 2864
W: www.pals.slam.nhs.uk
E: pals@slam.nhs.uk

www.tfl.gov.uk/journeyplanner

For the quickest way to plan your journey
anywhere in greater London use journey planner:

020 7222 1234 (24hrs)

South London and Maudsley 
NHS Foundation Trust

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**Feeling stressed,
anxious, worried?
Low, sad or
down?**

**Southwark Psychological
Therapies Service**

South London and Maudsley 
NHS Foundation Trust

Do you want to:

- cope better with bad memories of things that have happened to you?
- overcome panic?
- 'pick up the pieces' after setbacks in life have left you feeling sad and down?
- feel more confident in crowded places or travelling on public transport?
- worry less, feel more relaxed, and enjoy life more?
- learn new ways of keeping low mood or depression at bay?
- feel more confident meeting people?
- free yourself from excessive checking or washing?

Southwark Psychological Therapies Service

can support you to make changes that will increase your confidence and ability to cope

We offer a range of options, mostly based on Cognitive Behaviour Therapy (CBT) including:

- workshops on sleep, self-confidence and stress
- support using self-help workbooks
- computerised CBT
- group CBT for panic, anxiety and depression
- one-to-one CBT
- Mindfulness-Based Cognitive Therapy
- CBT & EMDR (Eye Movement Desensitisation and Reprocessing) for trauma memories
- vocational specialists to help with your work,



We are a 'Stepped Care Service'

Everyone starts at Step 1. Then most people go to Step 2. For some kinds of problems we also offer Step 3, either straight from Step 1 or after Step 2.

STEP 1

Initial screening - we look at the information on your referral form to check that we are the most suitable service for you. We may also speak to you on the telephone.

Assessment - This includes a telephone or face-to-face discussion of the difficulties you would like help with. You also complete some questionnaires. Then together we decide the best next option for you.

Information - We may also give you information booklets related to your problems, suggest useful websites or reading, or signpost you to other services.

STEP 2

You learn skills based on Cognitive Behaviour Therapy (CBT). Options include using self-help books at home with telephone support, using a computer programme at home or at our clinic, or attending a workshop or group.

STEP 3

You receive a higher level of support, usually weekly face-to-face sessions with a CBT therapist.