

We are a partnership

Talking Together Wirral is led by Insight Healthcare, an experienced provider of talking therapies on behalf of the NHS, and supported by a number of partner organisations.

Led by:



Supported by:



Accessibility

We can provide therapists who speak languages other than English, or interpreters where necessary.

Leaflets and materials can be supplied in a range of languages, in large print, Braille, easy read, or audio format as required.

Please let us know if you have any queries or special requirements.

Talking Together Wirral is a free, confidential talking therapy service provided on the behalf of the NHS.

Take a positive step towards feeling better. Contact us directly or speak to your GP about a referral to Talking Together Wirral.

Get in touch with us directly to arrange an appointment:

0151 649 1859
info@talkingtogetherwirral.org

Visit our website to find out more about the service:

www.talkingtogetherwirral.org

Talking Together Wirral is not a crisis service. In the event of an emergency, or if you are unable to keep yourself safe, you should contact your GP, your local A&E department, or call 999.

Woodside Business Park,
Shore Road, Birkenhead, CH41 1EP

Leaflet produced March 2019

**talking
together**
wirral

**Feeling low?
Anxious? Stressed?
We can help.**

We offer free,
confidential NHS
talking therapies



Get in touch

We're here to help, please contact us for an appointment

0151 649 1859

About us

Talking Together Wirral provides free talking therapies on behalf of the NHS.

Everyone goes through difficult times, but sometimes our problems affect our day-to-day lives and we may feel that we can't cope. If you are in this situation, you are not alone.

Contact us directly for an appointment, or ask your GP for a referral.

0151 649 1859

info@talkingtogetherwirral.org

In the event of an emergency, or if you are unable to keep yourself safe, you should contact your GP, your local A&E department, or call 999.



Who is the service for?

The service is free and available to anyone aged 16+ and living in Wirral.

We can help if you are experiencing common issues such as:

- low mood
- depression
- anxiety
- stress
- panic
- anger
- trauma
- bereavement
- loss
- relationship difficulties
- family problems
- phobias

If you are being supported by another mental health professional, please talk with your practitioner about whether our service would be suitable for your needs and share this with us when you contact our service.

How does it work?

We offer a range of talking therapies, advice, information, and support.

Talking therapies can help you to understand and work through your difficult feelings and to develop strategies for coping better. The best therapy for you will depend on your particular situation.

What happens now?

The first step is to arrange an assessment appointment with one of our therapists. This appointment will usually take place

over the phone and it will allow us to get an understanding of your current needs. At the end of the assessment, the therapist will discuss the next steps with you.

If our service is not best suited to your needs, with your permission we will suggest an appropriate source of help, or support you to access it.

Where will my therapy take place?

Your therapy might be provided at our premises, your local GP surgery, or at another venue convenient to you. It can also take place over the phone or online, if appropriate.

Is the service confidential?

We comply with NHS confidentiality guidelines, which means that information relating to you and your treatment will remain strictly confidential, unless we have your consent to share it, or if there is a risk to you or someone else. To view our full privacy notice, please visit www.insighthealthcare.org/privacy-notice.

