

# TILEHURST SURGERY 'the potteries'

## Newsletter Winter 2018

### Mental Health Special Edition

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#### CHRISTMAS OPENING

The Surgery will be **CLOSED** for Christmas and New Year on the following dates:

**Christmas Day** Tuesday  
25th December 2018

**Boxing Day** Wednesday  
26th December 2018

**New Year's Day** Tuesday  
1st January 2019

#### PRESCRIPTIONS

Please make sure that we have received your repeat prescription requests by Wednesday 19th December, to ensure that they will be ready for collection before the Christmas break.

#### Low Mood And Depression

Difficult events and experiences can leave us in low spirits or cause depression. It could be relationship problems, bereavement, sleep problems, stress at work, bullying, chronic illness or pain. Sometimes it's possible to feel down without there being an obvious reason.

What's the difference between low mood and depression?

##### Low Mood

A general low mood can include:

- sadness
- feeling anxious or panicky
- worry
- tiredness
- low self-esteem
- frustration
- anger



But a low mood will tend to lift after a few days or weeks.

Making some small changes in your life, such as resolving a difficult situation, talking about your problems or getting more sleep, can usually improve your mood.

A low mood that doesn't go away can be a sign of depression.

##### Depression

Symptoms of depression can include the following:

- low mood lasting two weeks or more
- not getting any enjoyment out of life
- feeling hopeless
- feeling tired or lacking energy
- not being able to concentrate on everyday things like reading the paper or watching television
- comfort eating or losing your appetite
- sleeping more than usual or being unable to sleep
- having suicidal thoughts or thoughts about harming yourself

Depression can also come on at specific points in your life, such as the winter months (seasonal affective disorder, or SAD) and after the birth of a child (postnatal depression).

##### When to get help for low mood or depression

Whatever the cause, if negative feelings don't go away, are too much for you to cope with, or are stopping you from carrying on with your normal life, you may need to make some changes and get some extra support.

This newsletter highlights just some of the support and advice available to you.

## Breathing Exercise For Stress

This calming breathing technique for stress, anxiety and panic takes just a few minutes and can be done anywhere.

You will get the most benefit if you do it regularly, as part of your daily routine.

You can do it standing up, sitting in a chair that supports your back, or lying on a bed or yoga mat on the floor.

Make yourself as comfortable as you can. If you can, loosen any clothes that restrict your breathing.

If you're lying down, place your arms a little bit away from your sides, with the palms up. Let your legs be straight, or bend your knees so your feet are flat on the floor.

If you're sitting, place your arms on the chair arms.

If you're sitting or standing, place both feet flat on the ground. Whatever position you're in, place your feet roughly hip-width apart.

- Let your breath flow as deep down into your belly as is comfortable, without forcing it.
- Try breathing in through your nose and out through your mouth.
- Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first.
- Then, without pausing or holding your breath, let it flow out gently, counting from 1 to 5 again, if you find this helpful.
- Keep doing this for 3 to 5 minutes.

## Talking Therapies in Berkshire

Problems such as anxiety, depression, stress and phobias are very common. Talking Therapies is a friendly and approachable service that helps people with these problems.

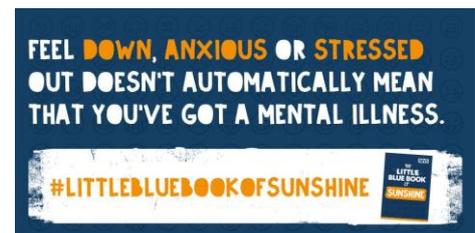
They are there to help adults aged 17+ living in Berkshire and have a team of advisors and therapists who can help you to overcome life's difficulties and problems and manage them better.

You can refer yourself to Talking Therapies by visiting [www.talkingtherapies.berkshire.nhs.uk/](http://www.talkingtherapies.berkshire.nhs.uk/) or ask your GP or Healthcare Professional to refer you.

## The Little Blue Book of Sunshine

Life can be tough! If school is pants, you're trying to figure out who you are and parents are stressing you out... then why wouldn't you feel down on the world? But that's rubbish if it means you feel bad about yourself, lose confidence or can't bounce back.

The littlebluebookofsunshine explains some of the things you can do right now to feel better, or who to turn to if things feel too much. You can pick up a copy at school or download a copy to your phone or PC by visiting [www.berkshirewestccg.nhs.uk](http://www.berkshirewestccg.nhs.uk)



## NEED HELP NOW?

If it's an emergency, call 999 straight away

If you need urgent help, but it's not an emergency, you can call the Mental Health Crisis Team:

Phone number: 0300 365 0300 or  
Phone number: 0300 365 9999

If you need someone to talk to, you can also call:

**Sane Line**

 0300 304 7000  
(open 4.30pm - 10.30pm every day)

**Samaritans**

 116 123  
(24 hours every day)

## The Panic Pit Stop CBT Treatment Program

The Practice has enabled access to the most comprehensive and accessible Active Self Help and Cognitive Behavioural Therapy treatment for anxiety and panic.

Cognitive Behavioural Therapy (CBT) is the most clinically effective and easy to understand and use of all the available psychological treatments. You can have immediate access.

The Program will help with Generalized Anxiety Disorder (GAD), Social Anxiety, Persistent Worry and Obsessive Thinking.

Because the program is based upon tried and tested CBT tools and strategies it is also likely to help you with depression and stress.

As part of the Panic Pit Stop Program Bundle you also have access to other short courses, these are:-

Tilehurst Surgery Make Worry History  
Tilehurst Surgery Insights From The Clinic.

When you decide to work through the course you will be taken to a page where your account will be created. The system will require your email address and you will need to make a password. No other information will ever be required from you. The Panic Pit Stop Program does not have access to your NHS records, nor does it communicate with your doctor. This program is housed outside of the NHS system. It is entirely confidential to you. It is login and password protected.

To access this course please visit the Tilehurst Surgery Website :  
[www.tilehurstsurgery.co.uk/practice-information/the-panic-pit-stop-cbt-treatment-program/](http://www.tilehurstsurgery.co.uk/practice-information/the-panic-pit-stop-cbt-treatment-program/)

## #Stay Alive

A suicide prevention pocket resource for the UK

Stay Alive offers help and support both to people with thoughts of suicide, and to people concerned about someone else.

Features include:

- Quick access to national crisis support helplines
- Strategies for staying safe from suicide
- How to help a person thinking about suicide
- A mini-safety plan
- A LifeBox to keep images reminding the user of their reasons to stay alive
- Suicide myth-busting

#StayAlive suicide prevention app  
To download the app visit your phone's app marketplace.



6 JULY 2015, BIRMINGHAM  
**PATIENT SAFETY AWARDS**  
**WINNER**



E: [office@prevent-suicide.org.uk](mailto:office@prevent-suicide.org.uk)  
W: [prevent-suicide.org.uk](http://prevent-suicide.org.uk)



## Sport in Mind

Sport in Mind® is the independent Berkshire mental health sports charity formed in Reading in 2011, to use sport and physical activity to help aid the recovery of people experiencing mental health problems and encourage individuals to move their lives forward in a positive direction.

Telephone or Text: **07341 267740**

Website: [sportinmind.org](http://sportinmind.org)

Email: [info@sportinmind.org](mailto:info@sportinmind.org)



## Mental Health Helplines and Support Groups

Whether you're concerned about yourself or a loved one, these helplines and support groups can offer expert advice.

- **Anxiety UK**  
Charity providing support if you've been diagnosed with an anxiety condition.  
Phone: 03444 775 774 (Mon to Fri, 9.30am to 5.30pm)  
Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)
- **BEAT**  
Support for anyone affected by eating disorders and anyone concerned about a friend or loved one.  
Adults Helpline: 0808 801 0677  
Youthline: 0808 801 0711 (for under 25s)  
Website: [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)
- **CALM**  
CALM is the Campaign Against Living Miserably, for men aged 15 to 35.  
Phone: 0800 58 58 58 (daily, 5pm to midnight)  
Website: [www.thecalmzone.net](http://www.thecalmzone.net)
- **Depression Alliance**  
Charity for sufferers of depression. Has a network of self-help groups.  
Website: [www.depressionalliance.org](http://www.depressionalliance.org)
- **Men's Health Forum**  
24/7 stress support for men by text, chat and email.  
Website: [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)
- **No.5**  
Confidential listening to support children and young people and those around them, offering a free counselling service for those aged 10-25 in the Reading area.  
Telephone: 0118 901 5668  
Text: 07984 357551  
Website: [www.no5.org.uk](http://www.no5.org.uk)
- **No Panic**  
Charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia/OCD. Includes a helpline.  
Phone: 0844 967 4848 (daily, 10am to 10pm)  
Website: [www.nopanic.org.uk](http://www.nopanic.org.uk)
- **PAPYRUS**  
Young suicide prevention society.  
Phone: HOPElineUK 0800 068 4141 (Mon to Fri, 10am to 5pm & 7 to 10pm. Weekends 2 to 5pm)  
Website: [www.papyrus-uk.org](http://www.papyrus-uk.org)
- **Rethink Mental Illness**  
Support and advice for people living with mental illness.  
Phone: 0300 5000 927 (Mon to Fri, 9.30am to 4pm)  
Website: [www.rethink.org](http://www.rethink.org)
- **Samaritans**  
Confidential support for people experiencing feelings of distress or despair.  
Phone: 116 123 (free 24-hour helpline)  
Website: [www.samaritans.org.uk](http://www.samaritans.org.uk)
- **SANE**  
Emotional support, information and guidance for people affected by mental illness, their families and carers.  
SANEline: 0300 304 7000 (daily, 4.30 to 10.30pm)  
Website: [www.sane.org.uk/support](http://www.sane.org.uk/support)
- **YoungMinds**  
Information on child and adolescent mental health. Services for parents and professionals.  
Phone: Parents' helpline 0808 802 5544 (Mon to Fri, 9.30am to 4pm)  
Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)