

Feeling stressed, anxious or down?



Don't worry - help is available and you
don't even need to see your GP

Stressed, anxious or feeling down?

We all sometimes feel stressed, anxious or down from time to time, but if you have been having these feelings for a few weeks or more you may benefit from our support.

You are not alone. Many people experience common mental health problems at some point in their life. Some physical long term health conditions can also impact negatively on mental health. We have trained staff who can help with this.

What are some of the symptoms?

Symptoms can include:

Depression

- Loss of confidence and feeling low in mood
- Feeling anxious or panicky
- Not being able to enjoy the things you usually do
- Unexplained aches and pains
- Avoiding people, even those you're close to
- Sleeping badly
- Loss of appetite
- Feeling bad, hopeless or guilty, or dwelling on things from the past

Anxiety

- Physical symptoms such as sweating, shaking, heart palpitations, chest/stomach pain
- Experiencing irrational thoughts and feelings
- Frequently worrying about things or feelings
- Avoiding situations to escape feeling any of the above

Stress

- Unable to concentrate
- Focusing on the negatives and worrying about things
- Feeling angry or overwhelmed
- Losing out on sleep, loss of appetite
- Feeling isolated or feeling down

Do you have any of these symptoms?

Help is available

Mental health is as significant as physical health so it's important that we prioritise this and get help as soon as possible.

With talking and digital therapy, a trained therapist listens to you and helps you find your own answers to problems. It's an opportunity for you to explore your thoughts and feelings and the effect they have on your behaviour and mood.

The therapist will support you to look at your problems in a different way and help you make positive changes.

The aim of talking and digital therapy is to help you feel better. Many people find it helps them make positive changes, take control, improve their confidence and feel happier.

If your emotional wellbeing is affected by employment issues we also have a dedicated Employment Advisory Team who can offer support and assistance when you receive therapy from us.

"Very good professional support."

"I found talking about my problems a lifeline."

"Very empathetic, supportive and relevant to my needs."



"Helped me to find a completely different way of thinking and tools to help myself with support."

Contact us direct

The Emotional Wellbeing Service is a free NHS Talking Therapy Service also known as Improving Access to Psychological Therapies (IAPT) service.

The Emotional Wellbeing Service is the Lead Provider of Talking Therapy in the East Riding. We have therapists with a wide range of specialist skills, allowing us to offer you the best support for your particular needs.

Where do I go?

For people aged 16 years and over with a GP in the East Riding. You can refer yourself directly to our service or you can get a referral from a GP or health professional if you prefer.

The first step is to speak to someone and together we can discuss the treatment we think would help you.

Text: **TALK to 60163**

Email: **HNF-TR.SelfReferral@nhs.net**

Online: **iaptportal.co.uk/erew.html**

Telephone: **01482 335451**



Scan this QR code to visit our referral portal.

Find out more

Visit **humberews.co.uk**



Caring, Learning
& Growing Together



East Riding
Emotional Wellbeing Service