**Pendle Care Navigation / Directory of Services**

**Service Access Criteria for:-**

Talking Therapies – Pendle

**Brief Description**

The service provides evidence based treatments for people aged 16+ with mild to moderate anxiety and depression (implementing NICE Guidelines). The service is also available to help patients manage the psychological and emotional impact of long term health conditions e.g. COPD, diabetes. Treatments may be delivered as part of a group, online or on a one to one basis. Once an assessment has been completed a therapist will speak to a patient about treatment options.

Patients are able to self-refer and will receive an assessment without needing to see their GP first.

**Conditions treated**

The service can help with the following:-

• Mild to moderate anxiety or depression

• Panic

• Bereavement/loss

• Work stress

• Low self-esteem/confidence

• Poor sleep

• Adjustment issues e.g. retirement, redundancy, disability

* Dealing with diagnosis and living with health conditions/long term conditions e.g. COPD, diabetes
* Pre & post-natal depression (perinatal)
* Trauma – eg psychological trauma such as history of abuse or the psychological effects of physical trauma
* Relationship issues
* Phobia

**Exclusions**

The service **does not** cover the following:-

• Drug and/or alcohol dependence

• Individuals who are actively suicidal & in crisis

• Patients under 16 years of age

• Psychosis exc those who are hearing voices – see below

• Hearing voices – eg external auditory hallucinations

• Personality disorder – eg positive diagnosis of personality disorder

**How to Access the Service**

The service can be accessed via self-referral into either Lancashire Care Foundation Trust or the Lancashire Womens Centres, as detailed below.

Lancashire Care Foundation Trust – patients can either telephone the service or complete the online self-referral form using the details below.

Telephone: 01254 226007, Mon-Fri: 9am-5pm

Or

Complete the online self-referral form on <https://gateway.mayden.co.uk/referral-v2/07681012-dcbe-4194-acf6-e09a9ce2929d>

Lancashire Womens Centres – patients can either walk in, telephone or email the service using the details below. The service is available during the following hours:-

Monday: 9am-8pm (10am-3pm women only)

Tuesday: 9am-5pm (10am-3pm women only)

Wednesday: 9am-8pm (10am-3pm women only)

Thursday: 9am-5pm (10am-3pm women only)

Friday: 9am-4.30pm (10am-3pm women only)

Saturday: 9.30am-4.00pm (men and women)

Accrington Lancashire Womens Centre

21-25 Blackburn Road

Accrington

Lancashire

BB5 1HF

Telephone: 01254 871771

Email: community.wellbeing@nhs.net

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