

**T:** 0300 555 0191

**E:** Calderdale@insighthhealthcare.org

Saturday morning and out of office hours appointments are available.

## Compliments, Comments, Complaints and Concerns

We are committed to providing good quality care and support. Your views are important to us so that we can keep developing and improving the service. Do please give us suggestions and feedback by telephone, email, or by completing one of our questionnaires.

## For GP Practice use

Please insert patient's NHS number below:

Insight Talking Therapies is a **free** to use service. Insight Healthcare is a not for profit organisation and experienced provider of Talking Therapies on behalf of the NHS.



**Take a positive step towards feeling better; contact us directly or speak with your GP about a referral to Insight Talking Therapies.**

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### Insight Talking Therapies

15-17 Carlton Street  
Halifax  
HX1 2AL

Please visit our website to find out more about the service.

[www.insighthhealthcare.org](http://www.insighthhealthcare.org)



## Talking Therapies

**Feeling low? Anxious? Stressed?**

Finding it hard to cope?  
We can help you



Please contact us  
for an appointment

**0300 555 0191**

# About

Insight Healthcare's Talking Therapies provides help for people with anxiety, depression and other similar difficulties. The service is free; funded by the NHS.

You can contact us directly for an appointment on

**0300 555 0191**

## Who is the Service for?

The service is available to anyone living in the county who is aged 18 and above.

The service provides help for people experiencing common difficulties such as:

- Low mood
- Depression
- Anxiety
- Stress
- Panic
- Anger
- Phobias
- Trauma
- Bereavement
- Loss
- Relationship difficulties
- Family problems

## How it Works

The first step is to arrange an assessment appointment for you with one of our therapists. A range of appointment times can be made available including out of hours and Saturday morning appointments. This can be provided face to face or on the telephone. The assessment allows us to get an understanding of your current difficulties. At the end of the assessment the therapist will discuss the next steps with you. Insight Talking Therapies is able to offer a range of effective treatment options and the best way forward will depend on your particular needs. For example, counselling, cognitive behavioural therapy (CBT), psychotherapy or group work.

## Your Therapy

The therapy may be provided in your local GP surgery or at another venue convenient for you. Therapy can also take place over the telephone or online where that is suitable and convenient. Insight Healthcare has therapists with a range of different training and specialist skills so that we can provide the appropriate support for your particular needs.

## To Make an Appointment

You can contact us yourself on 0300 555 0191 or ask your GP for a referral to Insight Talking Therapies.

## Confidentiality

Insight Healthcare complies with NHS confidentiality guidelines. This means that information relating to you and your treatment will remain confidential to us unless we have your consent to share it or where there is a risk to you or someone else.

## Accessibility

Insight Healthcare is sensitive to the diverse needs within our community and welcomes clients irrespective of race, gender, disability, sexual orientation, national origin or any other difference.

We can provide therapists who are able to speak languages other than English, or interpreters where necessary. Leaflets and materials can be supplied in a range of languages, in large print, braille or audio tape as required. Please let us know if you have any queries or special requirements.

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