



# ***Aberdeenshire Primary Care Psychological Therapies Service***

***Information for  
service users and carers***



## ***What is the Aberdeenshire Primary Care Psychological Therapies Service?***

The Aberdeenshire Primary Care Psychological Therapies Service provides locally based work with individuals to help treat and manage common mental health problems such as:

- Anxiety
  - Panic disorder
  - Social anxiety
  - Health anxiety
  - OCD
  - Phobias
  - PTSD
- Depression
- Mental health difficulties arising from long term health conditions.

Our team consists of a range of mental health practitioners who can offer one to one and group interventions. The team is made up of Clinical Psychologists, Psychological Therapists and Wellbeing Workers.

The Wellbeing Workers offer low intensity input. This can involve supporting you with self-help materials, and offering you group work to help you learn more about your difficulties. They can use Cognitive Behavioural Therapy based skills and interventions to help you adopt healthy coping methods (see next page for details on CBT).

The Psychological Therapists and Clinical Psychologists offer high intensity one to one interventions. All Psychological Therapists are trained to deliver evidence based CBT. You would usually work with a Clinical Psychologist if you need specialist interventions over a longer period of time.

As our team offers placements for trainee practitioners, we may ask you to allow a trainee to observe. Occasionally you may be seen by a trainee under supervision.

### ***What is Cognitive Behavioural Therapy (CBT)?***

CBT uses different techniques to treat common mental health problems, such as anxiety and/or depression.

CBT focuses on the way you think, feel and act. This can help you to overcome and change your emotional and behavioural problems.

### ***When and where will I be seen?***

When our service receives the referral from your GP, we assess if our service could help you. If we think it could, we place you on a waiting list.

In the first instance we contact you to arrange an assessment appointment. This could be at your GP practice, by phone or by video call.

We might contact you and offer you a place in our group sessions. However, we would still see you for an initial assessment.

We try our best to see you within the 18-week target set by the government. However, the time you have to wait for an appointment depends on the demand for our services and the staff we have available at the time.

### ***What happens at my first appointment?***

Your first meeting with your practitioner is for an assessment. It's a chance for you to talk about the difficulties you have and how they affect you. You can also talk about what you want from our input and if this is the right service for you. Using this information, we complete an assessment of your needs and how we can help.

We know that many people feel anxious about coming to an appointment but the first step in treatment is talking. Although people often feel nervous about coming, they tend to feel better for doing so afterwards.

A first appointment usually lasts for up to an hour. Sometimes we need several meetings to complete our assessment.

### ***What happens after assessment?***

If you and the practitioner agree that this is the right service for you, we offer you further appointments either one to one or in our group sessions, along with a plan tailored to your needs.

**For psychological therapy to work, it's very important that you're an active partner in your therapy and you gain new insights between appointments.**

If our service isn't right for you at this time, we give you and your GP advice on what could help instead. This might involve a referral to another service.

### ***How often will I be seen?***

This will depend on which interventions we agree would help you most, if you're seen for one to one appointments or group work and if you're working with a Psychological Therapist or Clinical Psychologist.

**If you can't commit to regular appointments then psychological therapy is probably not right for you at this point in your life. Our service has an attendance policy all our staff must follow to meet the demands of the service. This is discussed with you at your assessment appointment.**

As there is a high demand for our service, if you can't attend your appointment you **must** let your practitioner know in advance.

If you don't attend an appointment, or if you cancel more than two appointments, we may consider discharging you from our service.

### ***What about confidentiality?***

Confidentiality is very important to us and your practitioner will respect your right to confidentiality. However, there are some circumstances when we would have to break confidentiality and your practitioner will explain this fully at your first assessment appointment.

## ***What records do you keep?***

Your practitioner makes notes after each appointment and some information is kept on computer. Some information is recorded in your GP notes. During your contact with us, your practitioner writes to your GP with details of your assessment, formulation and treatment, where applicable.

All information (written and electronic) is held securely in accordance with the General Data Protection Regulation (2018).

## ***Useful resources***

**Aberdeenshire Libraries** operate a healthy reading list.  
(From any library)

### **Samaritans**



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



**116 123 (free)**

### **Breathing space**



**0800 83 85 87 (free)**

### **NHS 24**



**111 (free)**

### **Hopeline UK – Prevention of young suicide**



**0800 068 4141 (free)**

Times open: 10am to 10pm weekdays,  
2pm to 10pm weekends and bank holidays 2pm to 5pm.

## **Web based self help:**

- 🔗 [www.lltff.com](http://www.lltff.com) (Living Life to the Full)
- 🔗 [www.grampianmhguides.com](http://www.grampianmhguides.com)
- 🔗 [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)
- 🔗 [www.stepsforstress.org](http://www.stepsforstress.org)
- 🔗 [www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)
- 🔗 [www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)
- 🔗 [web.nrw.nhs.uk/selfhelp/](http://web.nrw.nhs.uk/selfhelp/)
- 🔗 [www.cci.health.wa.gov.au/resources/consumers.cfm](http://www.cci.health.wa.gov.au/resources/consumers.cfm)
- 🔗 [www.freemindfulness.org](http://www.freemindfulness.org)

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