

Where will we see you?

Therapists work in consultation rooms, GP surgeries, hospitals and community settings throughout the county.

Waiting time

Please expect there to be a waiting time between your referral and receiving treatment. You can ask at your assessment for our best estimate of waiting times.

Is the service for everyone?

We try to be as inclusive as we can, but psychological therapy is not for everyone. Wanting to change is important. Our service may not be right for you if :

- You have a diagnosis of serious mental illness or personality disorder.
- You have a history of self harm or suicide attempts.

In the above cases, we would suggest discussion with your GP prior to self referral who will be able to look at the best options for you.



How can I refer myself?

We recommend referral in the first instance via the web page:

www.cpft.nhs.uk

Alternatively, call our self-referral team on the number below and they will guide you through the process. Let them know that you have a cardiac diagnosis. The line is open 9am to 5pm, Monday to Friday.

0300 300 0055

Emergency contact details

If you feel you are experiencing a mental health crisis and need access to immediate help, please call our **First Response Service on 111 and select option 2.**

Other sources of help include:

Your GP

Samaritans Telephone 116 123, or
E-mail jo@samaritans.org

For further Information about the Psychological Wellbeing Service (IAPT) and for additional copies of this leaflet, contact us at selfreferAPT@cpft.nhs.uk

Leaflet updated: 23 January 2018

If you require this information in another format such as braille, large print or another language, please let us know.

HQ Elizabeth House, Fulbourn Hospital,
Cambridge CB21 5EF.

T 01223 219400 **F** 01480 398501

www.cpft.nhs.uk

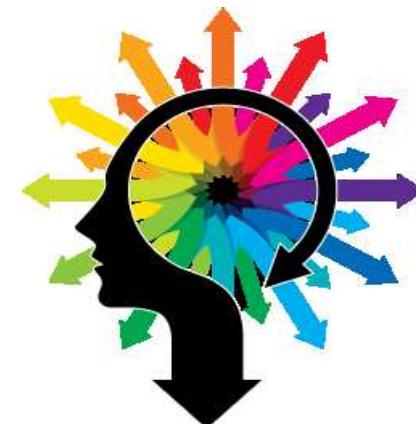


NHS

Cambridgeshire and
Peterborough
NHS Foundation Trust

CPFT Psychological Wellbeing Service

Coronary Heart Disease



The Psychological Wellbeing Service offers treatments across Cambridgeshire and Peterborough.

Refer yourself directly via:



www.cpft.nhs.uk

or call:

0300 300 0055

A member of Cambridge University Health Partners

Emotional effects of having a heart condition

People often say that their heart condition affects them mentally, emotionally or psychologically. Anxiety and depression are common experiences following diagnosis of a heart condition. The most common fears include having a heart attack or stroke. These emotional responses can have a significant negative impact on your daily activities and enjoyment of life.

Finding support

It can be really helpful to talk with someone about your worries. You are not alone; this reaction is both normal and understandable. You can regain your confidence and take back control of your life. The British Heart Foundation has further information on emotional matters at <https://www.bhf.org.uk/emotional>

The Cardiac Rehabilitation teams are also trained to help with the normal range of emotional distress associated with your cardiac diagnosis. The teams will use a general screening tool to assess your psychological health and may recommend that you are referred to our team for further support.

Improved management of stress and depression can help promote future changes to your physical and emotional

health. This in turn can help to improve your cardiovascular risk profile and lower your risk of further cardiac events.

CPFT Psychological Wellbeing Service

works alongside and collaborating with GPs, hospitals, cardiac specialist nurses and consultants. We will help you recognise if you are experiencing anxiety or depression and how this might affect your health and management of your condition. Together, we will be able to talk about the range of therapy options that would be most helpful and suitable for you.

What do we offer?

- **Guided self help** for mild to moderate psychological problems
- **Cognitive Behaviour Therapy (CBT)** for moderate to severe psychological problems



We have a range of treatment options available including face to face, over the phone, online and in groups. We work with a wide range of emotional difficulties. We will work out what treatment will suit you best at your assessment depending on your needs. It will not be specified or chosen by external clinicians or agencies.

Sessions take around 30 minutes to one hour depending on the type of treatment you receive. The total number of sessions will depend on your needs, but we are a short term therapy service.

We also offer:

- Interpretation services where required
- Signposting to counselling, partner agencies and other services to support other needs such as return to employment

Who is the service for?

The service is for people aged over 17 years who are normally resident in Cambridgeshire and Peterborough who are registered with a GP in one of these areas. We do not have an upper age limit.

How much does it cost?

As an NHS service, the treatments that we offer are free of charge.