



"When life was overwhelming,  
the support and techniques I  
learned gave me control back.  
I'm truly thankful."

**Service User Feedback**

## How to get our help:

You can contact us directly or ask your GP to refer you.



**0800 953 0404** 9am – 5pm, Monday  
to Friday (excluding bank holidays).



**[www.blackcountryhealthcare.nhs.uk/talking-therapies](http://www.blackcountryhealthcare.nhs.uk/talking-therapies)**



Professional interpreters  
available and our website  
features translation and  
accessibility support.

**NHS**

**Dudley  
Talking Therapies**



**for anxiety and depression**

**FREE**

**confidential, and tailored for you**



**For anyone aged 16 or over registered  
with a Dudley GP**



**0800 953 0404** 9am – 5pm, Monday  
to Friday (excluding bank holidays).



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**NHS**

**Black Country Healthcare  
NHS Foundation Trust**





Feel healthier and happier with

## NHS Talking Therapies

Dudley Talking Therapies is a free and confidential service for individuals 16 and older registered with a local GP.

We provide professional support for mental health challenges like anxiety, stress, and depression.



Find out more at:

[www.blackcountryhealthcare.nhs.uk/talking-therapies](http://www.blackcountryhealthcare.nhs.uk/talking-therapies)



0800 953 0404 9am – 5pm, Monday to Friday (excluding bank holidays).

## What we offer

Our therapists are kind and understanding, and they never judge you.

We help you in the way that works best for you either by phone, video, email and face to face.

Tell us what you're going through – we're here to help you feel better

### Types of Therapy

- **Guided self-help:** Address anxiety and low mood.
- **CBT (Cognitive Behavioural Therapy):** Including computer-aided CBT.
- **EMDR (Eye Movement Desensitisation and Reprocessing):** For trauma.
- **Counselling:** For depression.
- **Interpersonal Psychotherapy (IPT)**
- **Dynamic Interpersonal Therapy**
- **Couples Therapy:** For depression.
- **Mindfulness-Based Cognitive Therapy**
- **Online Tools:** Access therapy digitally, anytime.
- **Employment Support:** Personalised support to enable you to remain in work, find work or return to work.

*For a more comprehensive list of therapies offered, please visit our website or contact us.*



"The personalised service and practical techniques made a difference. The therapist really understood my needs."

Service User Feedback

## Steps to get started

### Step 1: Reach Out

Contact us through our website or by phone. We are available to listen and understand what you're going through from Monday to Friday, 9 am to 5 pm.

### Step 2: Assessment Call

We'll quickly find out if our services are right for you with an initial phone call. During this call, we'll plan how we can best help you feel better.

### Step 3: Begin Your Therapy

After the assessment, we'll suggest the best therapies for you and aim to start quickly, always keeping in mind what works best for you.

### Ready to Get Started?

If you're not in another mental health program or on a waiting list, you can start straight away.



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