

Worried, anxious or stressed?

Support for people in Rotherham

One in four of us will experience a mental health issue every year. Depression can occur at any age during adulthood.

Everybody has mental health and we need to take care of it so that we can think, feel and react in ways that we need and want in our lives.



Anxiety

Post-traumatic stress disorder

Phobias

Panic disorders

Social anxiety

Obsessive compulsive disorder

Depression

Stress

There is support available for Rotherham residents coping with:

Anxiety

Post-traumatic stress disorder

Phobias

Panic disorders

Social anxiety

Obsessive compulsive disorder

Depression

Stress

Rotherham Doncaster and South Humber NHS Foundation Trust (RDaSH) Talking Therapies

The service is provided by local highly experienced therapists who are available to speak to regarding a wide range of common mental health problems, such as stress, low mood, anxiety or difficulties sleeping.

This service can offer you an appropriate therapy, including talking therapies, counselling, guided self-help, Eye Movement Desensitisation and Reprocessing (EMDR), and Cognitive Behavioural Therapy (CBT).

You can speak to a therapist by:

- **Telephone**
- **Video**
- **Face-to-face contact**
- **Text messaging**



There are also a range of workshops and courses you can access face to face or online.

For more information visit www.talkingtherapies.rdash.nhs.uk or call 03000 215 108



**Rotherham Doncaster
and South Humber**
NHS Foundation Trust

You can also access support via the Rotherham Health App.



Rotherham Health App

Ieso Digital Health Online cognitive behavioural therapy (CBT)

ieso

CBT is an effective type of talking therapy used to treat a range of common mental health problems.

With online CBT you will work 1:1 with your therapist, but the conversation is typed instead of spoken so you don't need to worry about your conversation being overheard by those you live with.. It's exactly like chatting via a messenger service with friends. You don't need to be brilliant at spelling or worry about using the correct grammar.

Online CBT has been shown to be just as effective as face-to-face, and many people find it less daunting and easier to be open.



Other benefits of online CBT:

- Attend your therapy sessions from home.
- Flexible appointments to suit you.
- Seven days a week, 6am to 11pm.



For more information visit

www.iesohealth.com or call 0800 0745560

Sign Health Psychological Therapy

**THE DEAF HEALTH
CHARITY
SIGNHEALTH**

If you want to know more about how you're feeling, find information about a mental health condition or get support, all of our therapists are Deaf, or hearing and fluent in BSL

- There is no need for an interpreter
- Our therapists understand Deaf culture
- Flexible appointments
- Secure and confidential
- Only BSL Talking Therapies (IAPT) Service commissioned by NHS England
- Over 10 years of experience delivering a therapy service for Deaf people

For more information visit

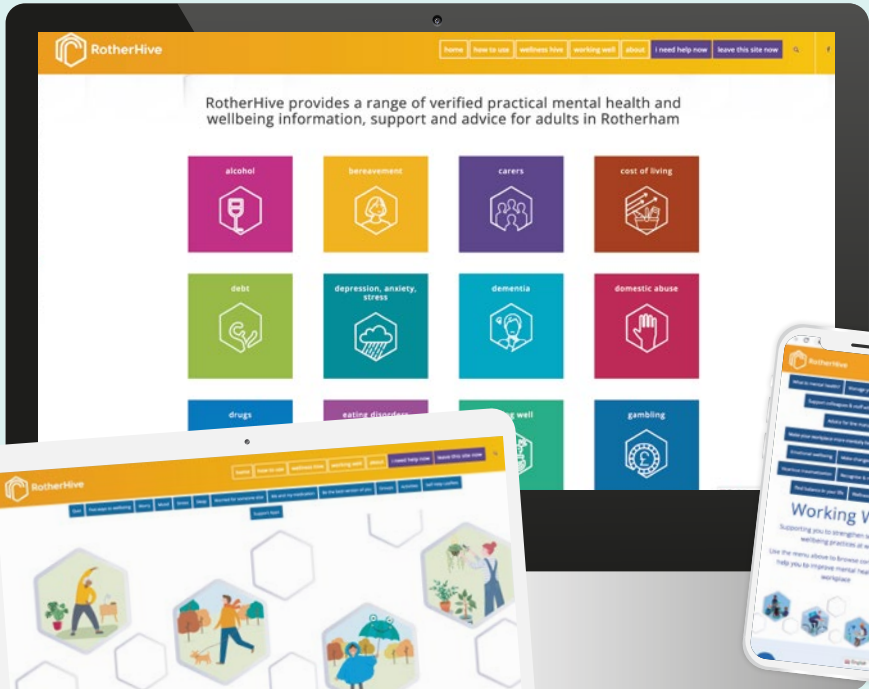
www.signhealth.org.uk/with-deaf-people/psychological-therapy/

MORE
Leaflets added
to self-help
library



RotherHive provides a range of verified practical mental health and wellbeing information, support and advice for adults in Rotherham.

Visit the website www.rotherhive.co.uk to find out more.



www.rotherhive.co.uk



 Follow us on Facebook
www.facebook.com/rotherhive

You can also access support via the Rotherham Health App.
 **Rotherham Health App**

Free, safe and anonymous mental health support.



SCAN ME!

for all young people and young adults across Rotherham aged 11-25.



Chat to our team



Helpful articles



Community Support



Self-help activities

Whatever is going on in your life, the anonymous community on Kooth and our team of friendly professionals are here to help support you.

Or if you'd rather not talk to anyone, we've also got a huge library of helpful content, plus self-help tools and fun activities.

Sign up today at **kooth.com**



Free, safe and anonymous mental health and wellbeing support at your pace

For all adults (aged 18+) registered with a GP in Rotherham.



Chat to our team



Helpful articles



Community support

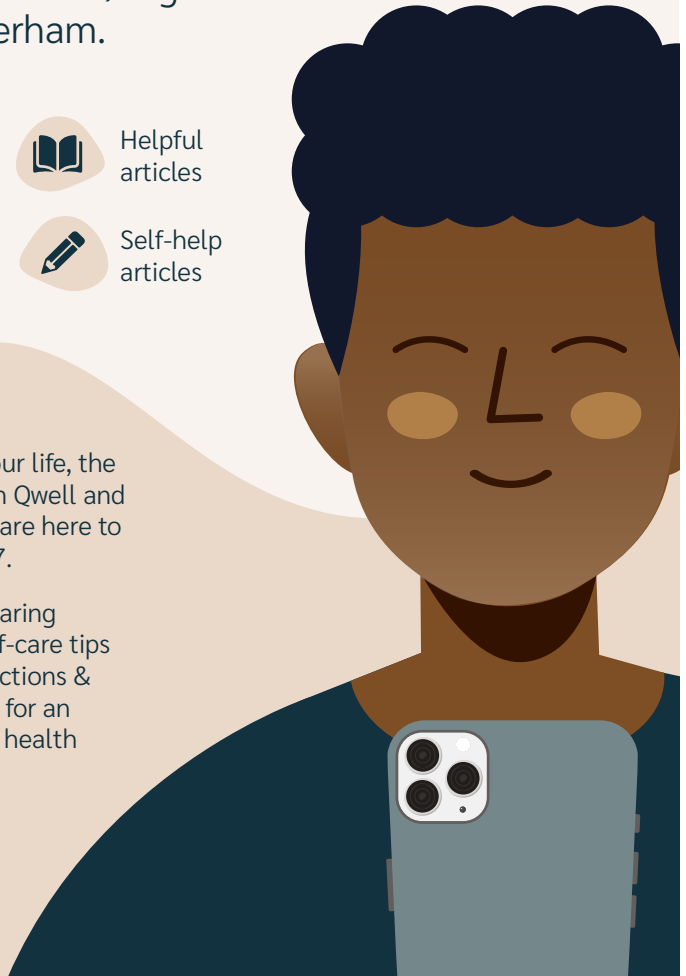


Self-help articles

Whatever is going on in your life, the anonymous community on Qwell and our team of professionals are here to help and support you 24/7.

Connect with others by sharing your experiences, gain self-care tips through our themed collections & helpful articles, or drop in for an online chat with a mental health practitioner.

Sign up today at
qwell.io



Support after bereavement or loss

Bereavement is a normal reaction to loss in human beings in virtually every culture across the world. There are no set rules for how long “normal” bereavement lasts, as each person and each loss is very different. If you or someone you know is grieving a loss and would like some support, there are local services that can help you to cope.

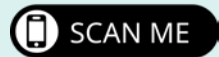
Amparo - South Yorkshire

Amparo provides support for anyone bereaved or affected by suicide. Support can be provided one-to-one, to family groups, groups of colleagues or peers – whatever is preferred by you and is most appropriate to your situation.

Telephone: 0330 088 9255

Email: amparo.service@listening-ear.co.uk

www.amparo.org.uk



Listening Ear - Rotherham

Bereavement helpline service for anyone who has lost or has been affected by bereavement, who needs practical support, emotional health and wellbeing support, advice or guidance.

The service provides:

- One-to-one telephone support from an qualified worker
- Information, emotional and practical support
- Practical support dealing with healthcare agencies
- Local information with regards to the current funeral process
- Help overcoming any feelings of isolation
- Referrals and signposting to other services as required.

Telephone: 0800 048 5224

Email: helpline@listening-ear.co.uk

www.listening-ear.co.uk/refer



Urgent support

It's important to know there is always someone to talk to. If you are in need of urgent help you can contact:

Rotherham, Doncaster and South Humber NHS Foundation Trust (RDaSH) Crisis Team

Call: 0800 652 9571

Text: 07974 603 610

Rotherham Safe Space

Call: 07760 173504

Samaritans

Call: 116 123 (24 hr support)

Text: SHOUT, the 24/7 UK text service for people in crisis, on 85258

Email: jo@samaritans.org

