

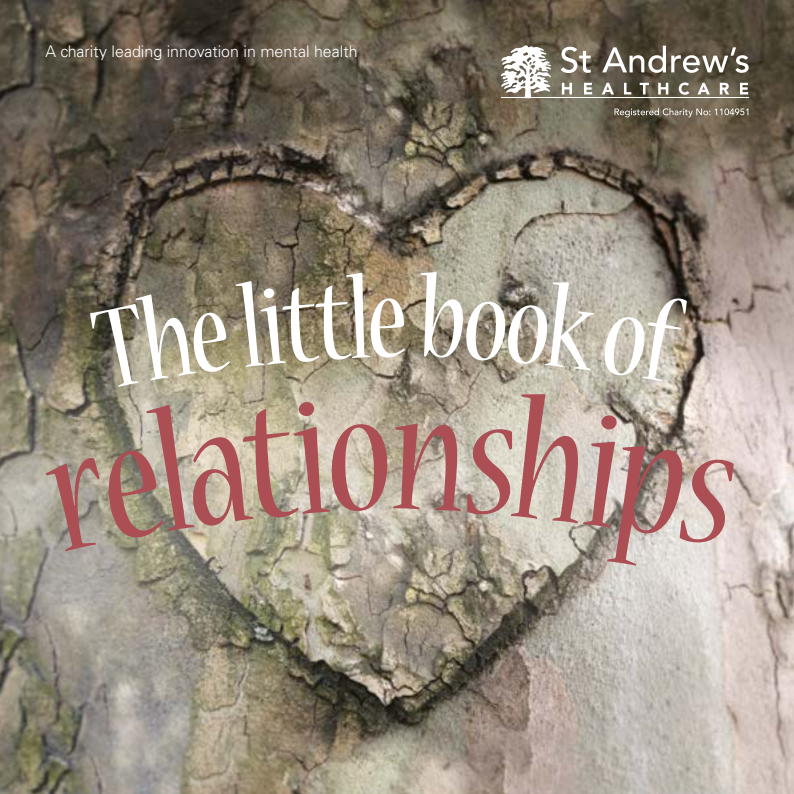
**LAST YEAR ST ANDREW'S
PRIVATE THERAPY CLINICS
HELPED OVER 300 PEOPLE
TO FEEL BETTER.**

To find out how you can access
help and support contact us:

t: 01604 616 050

e: therapyclinics@standrew.co.uk

w: standrewstherapy.co.uk



*The little book of
relationships*

COMPASSIONATE CARE

At St Andrew's we are proud of our rich heritage in the provision of mental health care. Our history as a charity began in 1883 with the opening of our hospital in Northampton.

Our years of experience and understanding of people's mental health needs mean that we are proud to offer services to the community through our private therapy clinics.

RELATIONSHIPS MATTER

*Good relationships are essential
to maintaining good mental health.*

More than healthy diet or exercise, strong social networks improve our mental wellbeing. Talking to people and sharing experiences can help to lift our spirits and bring a new perspective to problems and issues.

Recognising the connections that make us feel safe and supported from family and friends, to colleagues and neighbours can help to reduce the risk of mental ill-health.

TALKING ABOUT YOUR FEELINGS

'Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.'

Mental Health Foundation

Sharing your feelings isn't a sign of weakness, it's an investment in your wellbeing and doing what you can to stay healthy.

If you need to talk to someone there are many services and organisations that can offer help and support:

- Your GP
- Local mental health services in your community
- Samaritans
- Rethink Mental Illness
- Mind

CONNECTIONS COUNT

'My best friend is the one who brings out the best in me.'

Henry Ford

Making time to be with those people we value and who bring out the best in us can have positive benefits on our physical and mental health. Let's celebrate those people who make life better.

Take 10 minutes
TO CALL SOMEONE,
RATHER THAN
texting or emailing them



No.1

No.2



Look through
old photos &
REMINDE YOURSELF OF
good times
with loved ones

STOP putting off
visiting a friend,
get a date
arranged



No.3



No.4

Take a walk
WITH SOMEONE AND
ENJOY
the moment

GO FOR A
coffee with a friend
and
CATCH UP



No.5

LEAVE SOMEONE
YOU LOVE
a note

I love
how
cool
you
are.

No.6

TAKE THE TIME TO
listen to how
someone's
DAY HAS BEEN



No.7

Turn off
THE TV & HAVE A
games night



No.8

HOW CAN ST ANDREW'S PRIVATE THERAPY CLINICS HELP ME?

Within our private therapy clinics we employ over 20 practising Psychiatrists and Psychologists, meaning that we can match you with the most appropriate clinician and tailor your treatment to your needs and requirements.

The therapies we use are evidence based and National Institute for Health and Care Excellence (NICE) recommended. They include:

Cognitive Behavioural Therapy (CBT) which can help break problems into smaller parts and provide practical ways to manage anxiety, depression and stress.

Cognitive Analytical Therapy (CAT) enables you to discover the root cause of your symptoms and move forward through the careful analysis of past experiences.

St Andrew's private therapy clinics allow you to benefit from the knowledge and expertise of Psychiatrists and Psychologists practising at St Andrew's Healthcare on a daily basis.

Our clinics offer assessments and treatment for a wide range of issues including:

- depression
- stress and anger
- mood swings
- sleeping difficulties
- low self esteem
- memory problems
- poor work performance
- panic attacks
- anxiety
- relationship difficulties.

To speak to someone about how we can help

t: **01604 616 050**

e: **therapyclinics@standrew.co.uk**