chcp

NHS
Hull
Talking Therapies

Hull Talking Therapies

What happens after your assessment appointment?

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Version 5

Today you have met with an NHS Hull Talking Therapies Assessment Practitioner. The opportunity to talk about some of your concerns will have allowed the Assessment Practitioner to identify the best treatment plan for you. This will be with one of our treatment providers.

The outcome of your assessment

Your treatment plan is:

If following your assessment you have any questions around your treatment plan, you can contact us on 01482 335627.

Your Treatment Provider

Your treatment provider will contact you to arrange a suitable appointment. If you are placed on a waiting list for your treatment, you will receive a weekly text message to keep you up to date. The amount of sessions and how often you need them will be agreed between you and your therapist.

Introduction to Cognitive Behaviour Therapy (CBT) Course

Most people benefit from attending a CBT course at the start of their treatment plan. The information provided at CBT can help with all psychological wellbeing needs and is a valuable foundation for any other planned treatment. Some people may also be advised to attend CBT further along in treatment. If you change your mind at any point call NHS Hull Talking Therapies.

What if something changes?

During your course of treatment, you or your therapist may decide that your treatment plan needs to be reviewed. If a new clinical need is identified in discussion with you, your therapist may ask the assessment service to review your treatment plan. The assessment practitioner will look at the information from your therapist and may contact you to discuss your symptoms and treatment. Some changes in treatment plans may need a change in provider.

Cancelling Appointments

If you need to change or cancel any appointments after your assessment, please contact your chosen provider. You will find their details below:

Name	Contact Number	Name	Contact Number
NHS Hull Talking Therapies	01482 335627	Space To Be Heard – S2BH	01482 705023
Focus Counselling	01482 891564	HEY Mind	01482 240200
Cruse	01482 565565	House of Light	01482 580499
Temenos	01482 844038	Good Day Therapy	07850 665944/ 07710 521977

Missed Appointments

If you fail to attend an appointment for any part of your treatment plan and don't contact us, we will assume you no longer require the service and you will be discharged.

If you require crisis support please call the **Mental Health Advice and Support Line 24/7 on 0800 138 0990** or it may be helpful to talk to Samaritans on **116 123**

For further help or information

NHS Hull Talking Therapies
New Green Surgery
Morrill Street
HULL
HU9 2LJ

Patient Line: **01482 335627**
Email: pws-letstalk.hull@nhs.net

Alternative Formats

If you need this information in another format such as braille or large print, please call 01482 347649

Let us know what you think...

You can contact a CHCP Customer Care Advisor if you have a comment, concern, compliment or complaint by writing to:

Customer Care Advisor
City Health Care Partnership CIC
5 Beacon Way
HULL
HU3 4AE

Telephone: 01482 347627
Email: **chcp.customercare**@nhs.net

You can also fill in our friends and family test at www.**chcpfft**.org.uk.

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