



steps2wellbeing



First Steps Orientation Session

+ Housekeeping

- Webinar expectations
- Questionnaires & Attendance
- Messages

Unable to make a session? Please email:

dhc.s2w.webinars@nhs.net



Safety and Wellbeing



Due to the format of our courses we are not able to check in with each person individually.

If you feel at risk to yourself or others, or feel at risk from anyone else please utilise your risk management plan agreed at assessment. The services below can also be used for support:

- Contact a friend or family member for support – consider management plan discussed with practitioner in assessment
- **Samaritans** (24 Hours) Telephone **116 123** or email: jo@samaritans.org
- NHS Out of hours support: **111** or **999** (if an emergency)
- Speak with your GP or other healthcare professionals involved in your care e.g. The Community Mental Health Team

If you live in Southampton:

- Visit the Lighthouse:
<https://www.solentmind.org.uk/support-for-you/our-services/the-lighthouse/>
- Solent Mind for peer support

If you live in Dorset:

- Call **Connection**, a local 24/7, helpline run by Dorset HealthCare: **0800 652 0190**
- Visit the Retreats:
Hahnemann Road, Bournemouth BH2 5JW
Maiden Castle Road, Dorchester. DT1 2ER

+ **Plan for the session**



- Brief information about the service
- Mental health difficulties and the general population
- What can start mental health difficulties
- What keeps these difficulties going
- What to expect from treatment
- How to look after yourself whilst waiting for treatment

+ Steps 2 Wellbeing – who we are



- Talking Therapies service as a part of the NHS
- Offering support for people experiencing anxiety, depression, sleep problems, work difficulties, and social adjustment.
- We provide a telephone assessment and a joint treatment decision made where we could agree either two main types of treatment: CBT (group or individually) or counselling
 - CBT - short term, and aims to teach people skills to identify unhelpful patterns of thinking, behaviour , and strategies for change.
 - Counselling - short term, provides an opportunity to explore personal difficulties and make provision for change.



Employment Advice Service

Our dedicated Employment Advisors can offer free person-centred employment advice and support, using signposting, coaching and motivational interviewing techniques, on a variety of workplace issues such as:

- Workplace wellbeing – including homeworking, managing workplace stress, time management, resilience and work/life balance
- Improve communication to get your needs met in the workplace
- Manage people remotely
- Using new communication methods
- Signed off sick and need help to return to work
- Redundancy, Maternity and Retirement
- Leaving a job with dignity
- Reasonable adjustments and the Equality Act
- Grievances and disciplinary
- Seeking a new career or promotion
- Self-employed and needing guidance
- Unemployed or need to find a job – including support for those with long term health conditions

If you feel we could support you in this area, please ask your therapist to refer you

+ Step Care Model

**Step
1**

Primary Care
GP

Minimal Symptoms:

Anxiety/Low mood

**Step
2**

Psychological
Wellbeing Practitioners

**Mild to Moderate
Symptoms:**

Depression / Generalised Anxiety
/ Sleep / Stress / Phobias / Panic

**Step
3**

CBT Therapists
Counsellors

**Moderate to
Severe:**

Depression / OCD /
Social Anxiety / PTSD

**Step
4**

Senior CBT
Clinical Psychologists

**Severe &
Recurrent:**

Complex/
Personality
Disorders





**+ How common is stress,
low mood & anxiety?**

Really common!

+1 in 3

people will experience problems at least
once during their life and seek further
support

+ Your Journey

Improving mental health can be a journey,

with many twists and turns, & ups and downs

however without change everything stays the same!



Well done so far - you are already over the first 2 hurdles – just keep going



*1. Acknowledgement to yourself
that something isn't quite right*



2. Seeking & asking for help

+ Common Causes

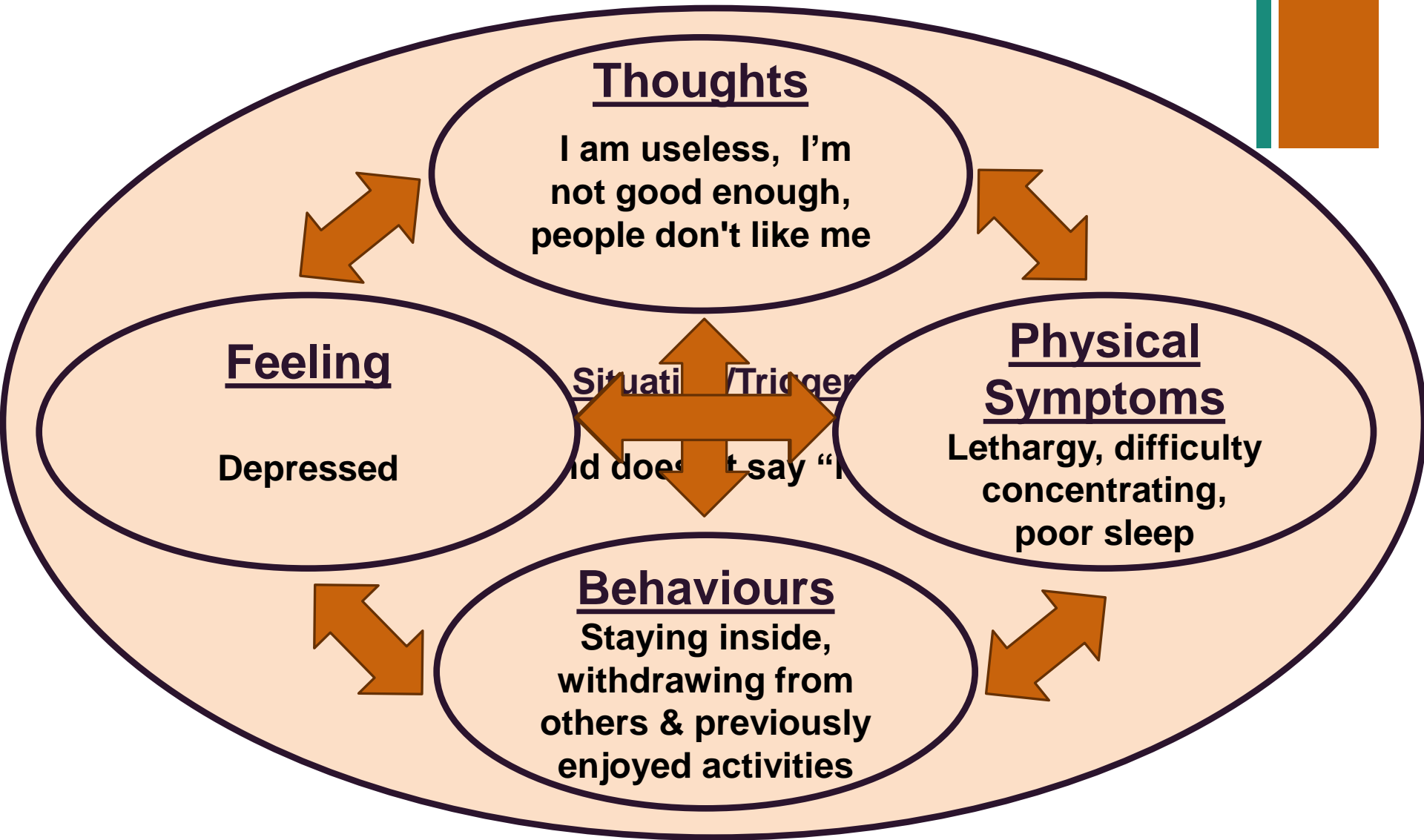


Life stressors can include:

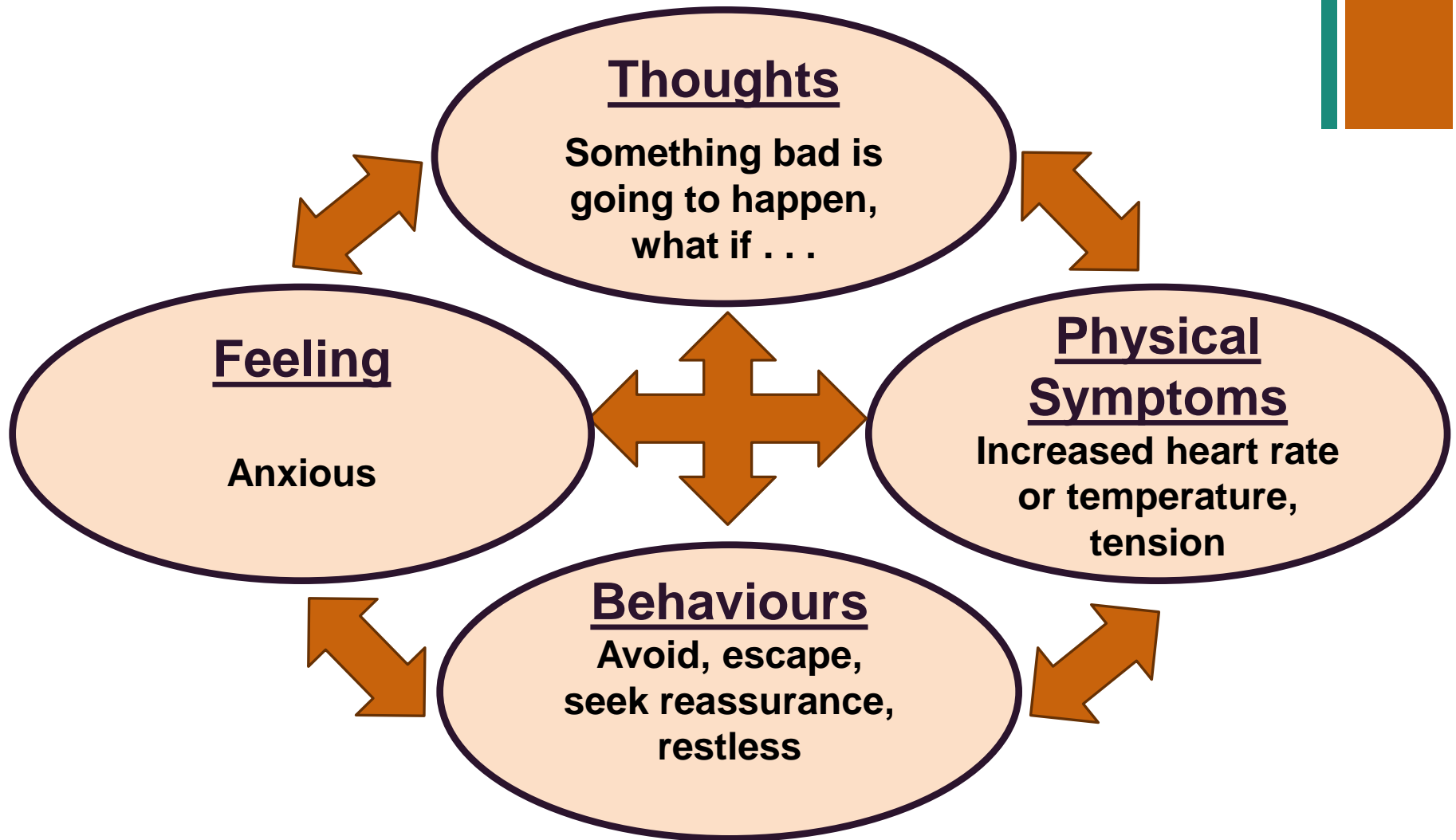
- Redundancy
- Relationship break down
- New relationships
- Change in job
- Unable to find a job
- Moving house
- Starting university
- Physical health conditions
- New baby/ first baby
- Family difficulties
- Financial difficulties
- Traumatic event



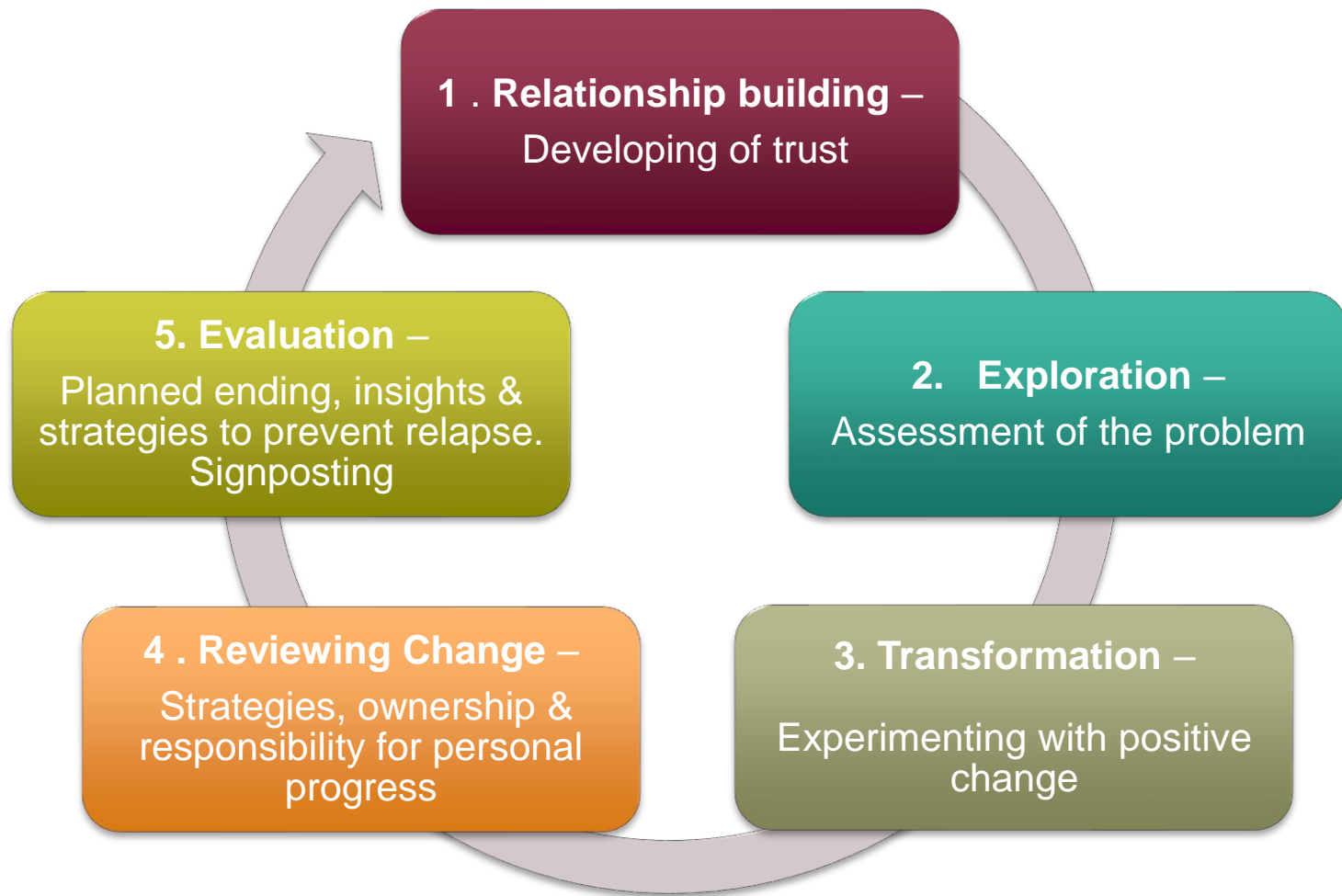
+ How our symptoms interlink



+ An anxiety example



+ The therapeutic process



Any form of talking therapy, is a joint process requiring your motivation and active participation to achieve effective results

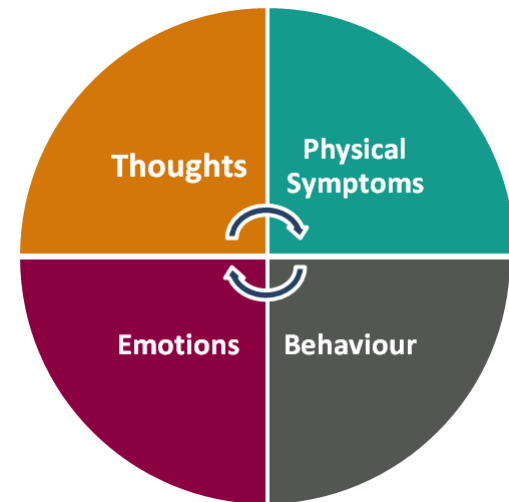
+ **Reviewing Change: Your questionnaire**



- Questionnaires (also known as MDS) are often sent via email prior to your session
- This isn't a tick box exercise! We need to ensure your responses are reflective of your mental health experience as you journey through treatment. It is important that you and your practitioner have a shared understanding of your answers.
- You may do the questionnaires online or in person with the Practitioner. If you are unsure, please discuss this with them.
- Not all the questions may feel relevant to you-that's okay. We want to capture how your mental health symptoms are impacting you, so we can set specific goals to target this
- We will monitor these symptoms at every session to understand how your treatment is progressing

+ CBT: What to expect

- CBT is an evidence based treatment, shown to be effective for people with common mental health problems – like low mood & anxiety
- It focuses on the relationship between our thoughts, feelings (physical & emotional) and behaviours
- It focuses on the here & now and requires commitment, time & practice.
- Certain techniques can help with:
 - Increasing motivation & implementing structure
 - Facing fears and anxiety in a gradual way
 - Considering solutions to seemingly overwhelming problems
 - Promoting more restful and effective sleep
 - Identifying & changing unhelpful thoughts & thinking styles





Counselling: What to expect



- Time limited, evidenced based treatment for depression (NICE guidance).
- An opportunity to explore issues in a safe and confidential environment.
- Seeks to help you focus on, and understand more clearly, the issues that concern you.
- It respects your values, choices, and lifestyle.
- Helps you explore and develop opportunities for change.
- Assists you to cultivate your potential.



Advice from previous clients...



Treatment can be life changing, however you need to:

Time

- It isn't a quick fix
- Takes time
- Be patient

Reflection

- Stop and think
- What is really going on

Honesty

- Be honest with yourself
- Don't be scared of the truth

Kindness

- Be kind to yourself
- What would you say to a friend

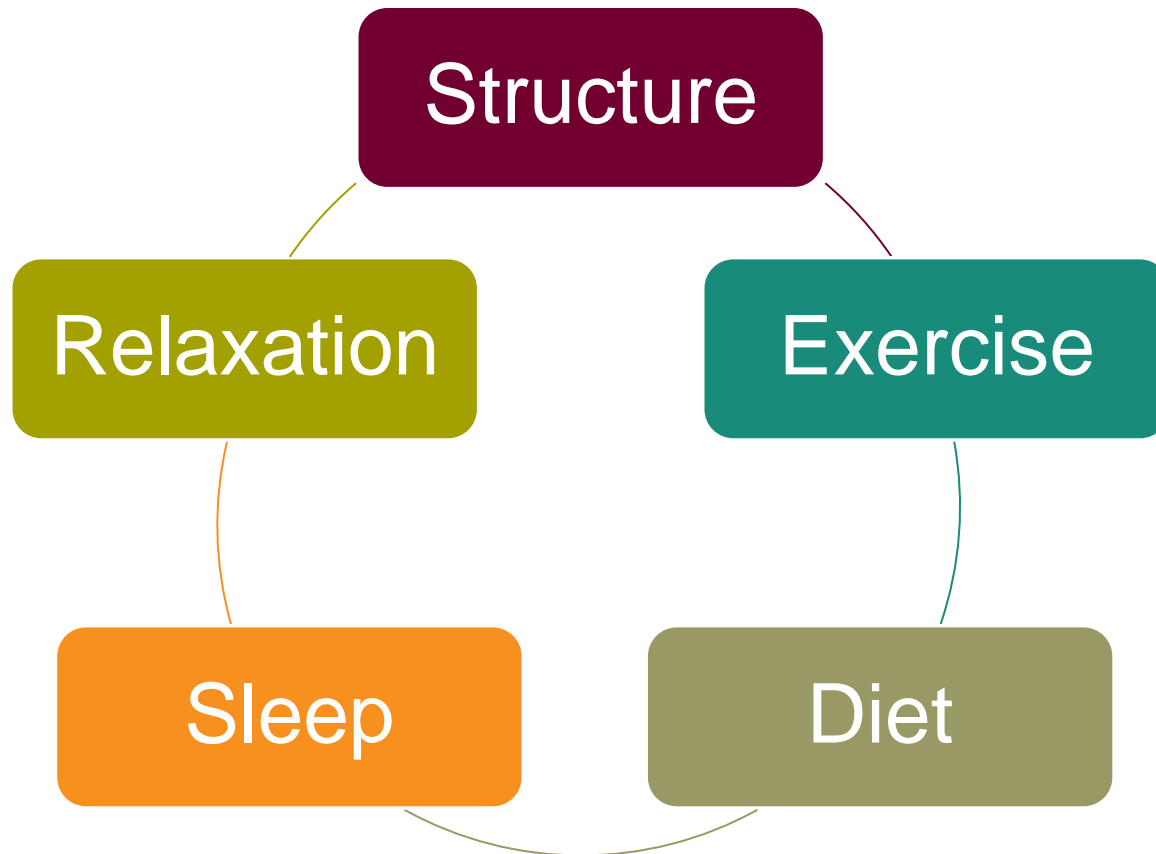
Practise

- Changing habits is hard
- Small steps make a difference

“What you put in, is what you get out”

+ What can help now?

There are things you can do now that will help, and this will also ensure you are in the right position to get the most out of your treatment.



CONNECT

BE
ACTIVE

TAKE
NOTICE

KEEP
LEARNING

GIVE

+ Structure



- Difficulties with mood can impact our day to day routine & structure
- When feeling lethargic our activity levels and momentum tends to decrease
- Anxiousness can make it hard to focus & concentrate – affecting our ability to do ‘normal’ things
- It’s important to keep doing things as much as possible
 - Even if we have to force ourselves
 - Activity can help our mood

+ Exercise



- Research suggests that exercise improves mental health
 - It encourages activity, raises serotonin levels in the brain & increases endorphins
- Regular exercise can also reduce stress, fatigue, & overall levels of tension
- It can improve alertness, concentration, sleep & self-esteem
- Moderate is fine – ideally 30 minutes most days
 - This means being able to hold a conversation at the same time as raising your heart rate

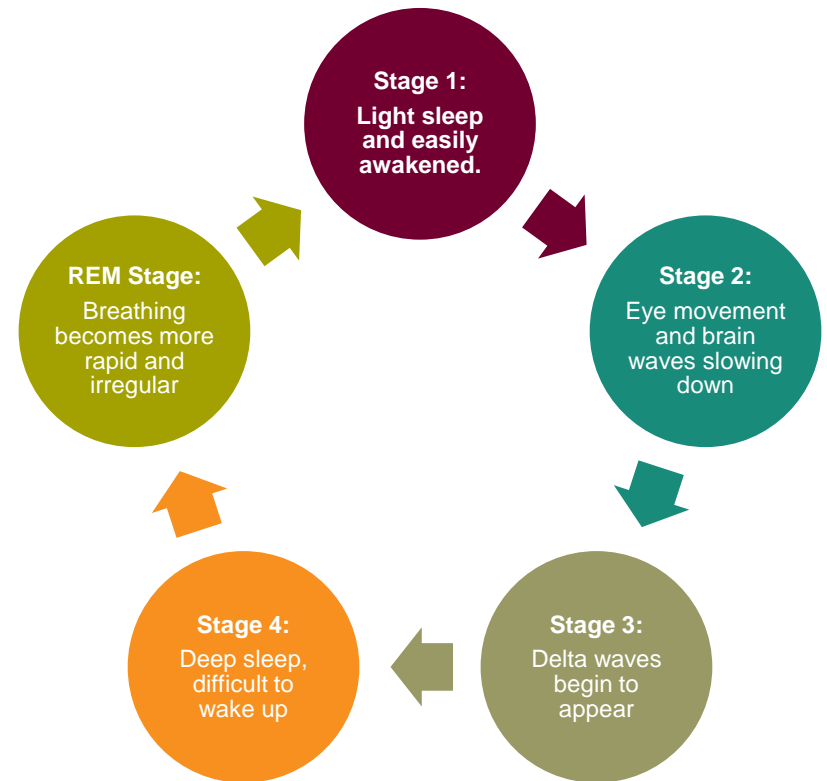
Taken from <http://www.adaa.org/living-with-anxiety/managing-anxiety/exercise-stress-and-anxiety>

+ Diet

- Important to eat regularly & have a balanced diet
 - Evidence suggests people who have a healthy balanced diet generally have better mental health
- A number of foods have been linked to wellbeing for example: Bananas have tryptophan & potassium
 - Tryptophan creates serotonin which has been linked to mood & potassium helps boost energy!
- Alcohol & caffeine can negatively affect your mood & physical symptoms of depression & anxiety
- Drink plenty of water!

+ Sleep

- We go through a number of sleep cycles during the night but if we wake up they can be disturbed
- Sleep is individual. There is no fixed amount of sleep we need and it changes with age & activity levels
- Anxious thoughts can disrupt our sleep and a lack of routine can cause us to oversleep
- Caffeine, alcohol & drugs can all negatively impact on sleep



+ Good Sleep Habits

- Practice relaxation techniques to help reduce physical unrest
- Do not engage with anything that might make you more alert like using gadgets & with anything with a screen!
- Avoid clock watching!
- If you are struggling with anxious thoughts, briefly writing your thought(s) down can also help
- If struggling to get off to sleep, get up after 20 & go somewhere quiet, dark & away from the bedroom, then try again when you feel sleepy



Remember **BERT**:

Body - Environment – Routine – Twenty Minute Rule

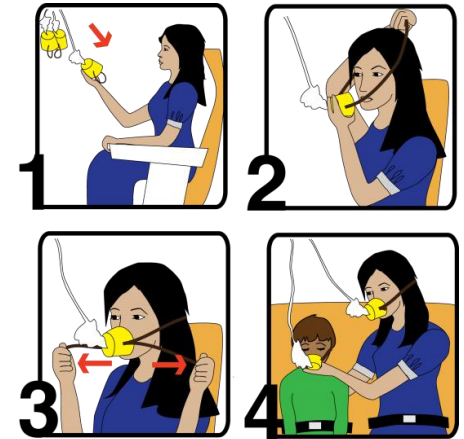
+ Relaxation

- Can be achieved by noticing & concentrating on breathing
- Examples of common relaxation techniques are:
 - 7/11 Breathing
 - Progressive Muscle Relaxation
 - Mindfulness
- You need to make time for relaxing. It won't work if you rush it or you are already too stressed out
- Make sure you take time out for yourself.

10 minutes can make a big difference

+ Prioritising your Wellbeing

- Life can be very busy
- Our focus on ourselves can be lost
- Make time for you
- You are important, your health is important
- Small changes can make a massive difference



What do you want to change in your life?
What do you want to get out of treatment?

+ **Every Mind Matters**

- Every Mind Matters is a Public Health Campaign to get people to look after both their physical and mental health.
- Visit the website for more information or download the “Every Mind Matters” app which gives helpful tips on improving your wellbeing.



<https://www.nhs.uk/oneyou/every-mind-matters/>



Further resources - Dorset



- www.Steps2Wellbeing.co.uk – more info available on-line
- Steps 2 Wellbeing Employment Support – there to offer help & advice - job retention, unemployment, returning to work
- Self-Help website – www.getselfhelp.co.uk
- My Health My Way – www.myhealthdorset.org.uk
- Help and Care – www.helpandcare.org.uk
- Every Mind Matters – <https://www.nhs.uk/oneyou/every-mind-matters/>
- ‘Books on prescription’ scheme – www.reading-well.org.uk
- The Recovery Education Centre - www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/mental-health/recovery-education
- Addaction – support with drugs/alcohol – www.addaction.org.uk
- If you feel you are in crisis or in case of an emergency:
 - Non-emergency GP/111/Samaritans (116 123)
 - Emergency 999, go to A&E or call Connections **0800 652 0190**



Further resources - Southampton



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- Every Mind Matters – www.nhs.uk/oneyou/every-mind-matters/
- ‘Books on prescription’ scheme – www.reading-well.org.uk
- Community Navigation through So:Linked–
<https://www.solinked.org.uk/community-navigation> -
- Peer Support through Solent Mind - www.solentmind.org.uk/support-for-you/our-services/peer-support/
- Drug and Alcohol support Service (Southampton) Change Grow Live -
www.changegrowlive.org/
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+ Peer Support Groups

Run by Peer support Practitioners who have also received treatment from Steps2Wellbeing

An opportunity to share experiences, connect with others, and keep sharing techniques to stay well.

Dorset (available once discharged) - Steps2Gether, takes place online weekly

Email: dhc.s2w.dorsetpsps@nhs.net

Southampton (available whilst awaiting treatment and afterwards) –

Little Steps, takes place in person

Monday 17:45—19:15 fortnightly The Hope Centre, Drayton Road, Weston.

Thursday 10:30—12:00 fortnightly at The Freemantle Community Centre

Email: dhc.little.steps@nhs.net

Men's Peer Support takes place online, fortnightly Monday 17:30pm – 18:30pm

Email: dhc.s2w.soton.menspeersupport@nhs.net



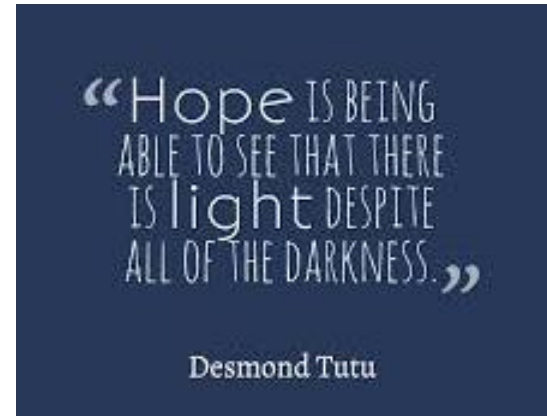
+ **What we've covered**



- Brief information about the service
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+ Remember

- You are important
- Give yourself time
- Be kind
- Small steps make a difference
- Ask yourself – what one or two things will you do for yourself now from today's session?



**Good luck with your journey and
treatment ahead**



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