

Feeling stressed, anxious or low?

We can help you conquer a wide range of psychological and emotional problems.



Full details of all our clinics
can be found on our website

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E: enquiries@trentpts.co.uk
www.trentpts.co.uk

Trent PTS
19 The Ropewalk
Nottingham
NG1 5DU

We're here to help...

As part of the NHS, Trent PTS provide quick and easy access to a range of psychological therapies. **Our services are free of charge.**

Problems we can help you with:

- Stress
- Low self-esteem
- Sleep problems
- Panic attacks
- Eating problems
- Low mood
- Anxiety
- Phobias
- Obsessions & compulsions
- Trauma
- Loss, grief & bereavement
- Anger problems

The therapies we provide have been shown by research to be the most effective forms of psychological therapy for the problems we work with. Our therapists can also help you manage the psychological impact of long-term physical health conditions. Our Employment Advisors can also help you overcome any difficulty related to finding or maintaining your employment.

We know attending clinic may not be the most convenient for you and you can choose to have some or all of your treatment sessions delivered by telephone or skype, email support, assisted computer based programmes or mobile apps. All we ask is that you agree to your assessment appointment being either in clinic or by telephone to ensure we can fully meet your needs.

The main short-term therapies that we offer

Cognitive Behaviour Therapy

CBT is a practice problem solving approach that focuses on your problems in the "here and now". CBT helps you to change the way you think and behave and improve the way you feel. It teaches you to gradually confront and overcome your fears.

Counselling and Psychotherapy

This provides support, advice and guidance to help you overcome problems such as loss or bereavement, stress, relationship problems and early childhood trauma.

Group Therapies

These informal sessions allow one or more of our Therapists to meet with a group of people who are dealing with similar issues and helps manage problems such as stress, bereavement, social anxiety or phobias.

How to get help

You must be registered with a GP in our catchment area to access the Service. We need to receive a referral to offer you an assessment. This can be done in one of the following ways:

Complete the referral form online, via our website www.trentpts.co.uk

Contact us by telephone (you will find the number on the front of this leaflet)

Complete our referral form and post it to us (use the address on the front of this leaflet or on our website).

For further in-depth information on Trent PTS, the services we provide, our catchment area, contact details and opening hours, please go to our website: www.trentpts.co.uk. Call the number on the front of this leaflet or pop into your local office.