

What is the RightSteps service?

RightSteps is a service specifically designed to assist people experiencing mild to moderate symptoms of anxiety and/or depression.

Sometimes individuals may need help sorting out a problem or difficulty, or experience feelings and/or emotions that concern them. The RightSteps service can help with recent or situation specific issues such as stress at work etc.

RightSteps can offer you an opportunity to 'work' with these types of problems and experiences.

We offer a range of treatments which you will find listed overleaf, along with the length of treatment provided.

All members of the team are either qualified or are 'in training' practitioner and will follow their code of ethics and practice.

How do I contact the service, and what happens when I do?

You can contact us by phone or by sending back the slip on the back of this leaflet.

We cannot contact you until you first get in touch with us.

When you have phoned, or we have received your information, you will be offered an initial appointment for a screening interview. This may be at a venue other than your GP surgery.

This screening interview will last for approximately 30 minutes and you will be asked questions about yourself and your current problems. By the end of this appointment, your worker will make a decision about which part of the service will best suit your needs.

You will be informed about any expected waiting times before you start treatment.

If you are not offered treatment with RightSteps for any reason, this will be explained to you. You may be offered contact information for other services more suited to your current problems.

We will write to you and your GP and inform them of the outcome of this screening appointment.

Interventions available with RightSteps include:

Cognitive Behaviour Therapy (CBT)	8-10 sessions
Counselling	6 sessions
Guided self help	Up to 4 sessions
Brief interventions	Up to 4 sessions
Information and other resources supplied	1 session
Books on prescription scheme	2-3 sessions
Groups such as stress management	Weekly for 6 session
Chronic conditions management	Weekly for 8 weeks
Referral to the appropriate service eg community, voluntary, secondary.	

These options will be discussed with you in more detail at the time of your screening appointment.

Further information

When contacting the service you will need to supply some basic information about yourself – such as your contact details and current GP.

When we have this information we can offer you a screening appointment. This is normally within 10 working days.

When an initial appointment is made, you must attend. If you do not attend without letting us know prior to your appointment *we will assume you no longer require the service. We will not contact you.*

If you miss your appointment and do still require the service then please call **03001230542** to rearrange within three days.

Please be aware that whilst we adhere to the NHS Confidentiality Code of Practice, some issues such as risk to self and/or others will be discussed in more detail and may be disclosed to other professionals involved in your care.

We look forward to hearing from you.



RightSteps for Derbyshire