

**NHS**

East Riding of Yorkshire  
Clinical Commissioning Group

Feeling stressed,  
anxious or down?

Yes



Don't worry help is available and you  
don't even need to see your GP

## Stressed, anxious or feeling down?

We all sometimes feel stressed, anxious or down from time to time, but if you have been having these feelings for a few weeks or more you may be facing poor mental health.

You are not alone. In every community 1 in 4 adults experience mental health problems.

### What are the symptoms?

Symptoms can include:

#### Depression

- Loss of confidence and feeling down
- Feeling anxious or panicky
- Not being able to enjoy the things you usually do
- Unexplained aches and pains
- Avoiding people, even those you're close to
- Sleeping badly
- Loss of appetite
- Feeling bad or guilty, or dwelling on things from the past

#### Anxiety

- Physical symptoms such as sweating, shaking, heart palpitations, chest/stomach pain
- Experiencing irrational thoughts and feelings
- Frequently worrying about things or feelings
- Avoiding situations to escape feeling any of the above

#### Stress

- Unable to concentrate
- Focusing on the negatives and worrying about things
- Feeling angry or overwhelmed
- Losing out on sleep, loss of appetite
- Feeling isolated, low in mood or hopeless

Do you have any of these symptoms?



## Help is available

Mental health is as significant as physical health so it is important to get help as soon as possible. Sometimes it's easier to talk to a stranger than relatives or friends.

With Talking Therapy a trained therapist listens to you and helps you find your own answers to problems. It's an opportunity for you to explore your thoughts and feelings and the effect they have on your behaviour and mood. The therapist will support you to look at your problems in a different way and help you make positive changes.

## Why Talking Therapy

The aim of Talking Therapy is to make you feel better. Although talking about your problems doesn't make them go away, many people find it helps them to cope better and feel happier. It can help you make positive changes, take greater control of your life and improve your confidence.

Talking to someone  
really does help!



Contact us direct.  
You don't need to see your GP



### Where do I go?

For adults in the East Riding of Yorkshire there are a number of free Talking Therapy services you can turn to. The first step is to speak to someone. We can assess you to see what type of service you need. You will then be offered a choice of different therapies to suit you.

Simply go online and give us your details at [www.iaptportal.co.uk/erew.html](http://www.iaptportal.co.uk/erew.html) or email [HNF-TR.ERSPA-MentalHealth@nhs.net](mailto:HNF-TR.ERSPA-MentalHealth@nhs.net) or ring 01482 301 701.

### Services available

**Humber NHS Foundation Trust** [www.humberews.co.uk](http://www.humberews.co.uk)

**City Health Care Partnership CIC** [www.chcplets-talk.org.uk](http://www.chcplets-talk.org.uk)

**Insight Healthcare** [www.insighthealthcare.org](http://www.insighthealthcare.org)

**ieso Digital Health** [www.iesohealth.com](http://www.iesohealth.com)

**Relate** [www.relatehull.org.uk](http://www.relatehull.org.uk)

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