

How to contact us

South and West Devon

T: 01626 203500

Email: dpn-tr.SouthandWestDevonDAS@nhs.net

East and Mid Devon

T: 01392 385170

Email: dpn-tr.EastandMidDevonDAS@nhs.net

Torbay

T: 01803 696600

Email: dpn-tr.TorbayDAS@nhs.net

North Devon

T: 01271 335041

Email: dpn-tr.NorthDevonDAS@nhs.net

Exeter

T: 01392 675630

Email: dpn-tr.ExeterDAS@nhs.net

dpt.nhs.uk/DAS

Confidentiality

Your contact with us will be confidential in the same way as it is with your GP. We use a secure database that is only for our service.

Please note the service does not routinely write reports.

Useful websites

- www.livinglifetothefull.com
- www.depressionalliance.org
- www.moodgym.anu.edu.au
- www.devonpartnership.nhs.uk - looking after yourself section

Useful phone numbers

- NHS 111 - Dial 111 (for urgent, but not life threatening symptoms)
- Samaritans - 116 123
- Devon Partnership NHS Trust PALS - Freephone 0800 0730 741

Useful reading

Overcoming Depression by Paul Gilbert
Robinson Publishing ISBN 9781841191256

Overcoming Anxiety by Helen Kennerley
Robinson Publishing ISBN 9781854874221

Your feedback

If you would like to know more about us, need information in a different language or format or have a concern, compliment or complaint, then please contact our PALS Team:

PALS Team
Devon Partnership NHS Trust
Wonford House, Dryden Road
Exeter EX2 5AF

Freephone: 0800 0730741
Email: dpn-tr.pals@nhs.net

You will also find useful information about our services and issues related to mental health and wellbeing on our website.

www.dpt.nhs.uk



NHS

Devon Partnership
NHS Trust

DAS

Depression and Anxiety Service

We can help
Call us, in confidence

Stressed? Anxious?

**Experiencing obsessive thoughts
and compulsive behaviour?**

Worrying excessively? FEELING LOW?

Experiencing post-traumatic stress?

AFRAID TO LEAVE HOME?

Having panic attacks?

www.dpt.nhs.uk/DAS

What is the depression and anxiety service?

The service is for people who are 18 years and over who are feeling stressed, anxious, low in mood or depressed.

How can I get help?

Your GP can refer you or you can refer yourself and we will let your GP know.

You can refer yourself by phoning the number for your area overleaf.

Outside of office hours there is an answerphone. Please leave your name and contact details and we will phone you back.

How will I know if the service is right for me?

We will talk to you about your difficulties and agree with you the best way forward. We can refer you on to other services and give you telephone numbers of alternative treatment options.

How long will I have to wait for my first appointment?

We aim to see everyone within four weeks of referral and the initial appointment will take approximately 30 - 40 minutes.

What can I expect from the service?

We will look at options with you which are based on Cognitive Behavioural Therapy (CBT). This looks at the way that thoughts, feelings and behaviours interact, sometimes in a helpful, and sometimes in an unhelpful way.

We provide a choice of help that includes:

- Working with you to identify the difficulty you are having
- Help you in deciding where to start
- Recommending reading that would be helpful for you
- Providing information about other local resources that might be helpful for you
- Identifying thoughts and actions which may be unhelpful for you
- Identifying strengths and support to draw on
- Guidance in setting realistic goals and support in achieving them
- Providing support through self management programmes that have proven to be effective
- Group work and/or individual therapy.

We also offer Eye Movement Desensitisation and Reprocessing (EMDR). This is a specific treatment for people who have experienced a trauma.

We work closely with employment advisors who may be able to offer you support in getting back into work.

Our staff

Our staff work in various community buildings, for example, community hospitals, GP surgeries, libraries. This means we can usually provide you with support close to where you live or in the locality of your choice.

All of our staff are trained in effective psychological interventions to help you recover from depression and anxiety.

What are we able to help you with?

Our team is able to help you with the following:

- Panic attacks
- Depression
- Anxiety
- Excessive worry
- Social anxiety/shyness
- Phobias
- Post traumatic stress disorder
- Agoraphobia
- Obsessive Compulsive Disorder
- Health Anxiety
- Bulimia