



**Rotherham**  
Clinical Commissioning Group

# Worried, anxious or stressed?

## Support for people in Rotherham

One in four of us will experience a mental health issue every year. Depression can occur at any age during adulthood.

Everybody has mental health and we need to take care of it so that we can think, feel and react in ways that we need and want in our lives.



**Anxiety**

**Post-traumatic stress disorder**

**Phobias**

**Panic disorders**

**Social anxiety**

**Obsessive compulsive disorder**

**Depression**

**Stress**

There is support available for Rotherham residents coping with:

**Anxiety**

**Post-traumatic stress disorder**

**Phobias**

**Panic disorders**

**Social anxiety**

**Obsessive compulsive disorder**

**Depression**

**Stress**

## **Rotherham Doncaster and South Humber NHS Foundation Trust (RDASH) Improving access to psychological therapies (IAPT) service**

The service is provided by local highly experienced therapists who are available to speak to regarding a wide range of common mental health problems, such as low mood, anxiety, or sleep disorders. This service can offer you an appropriate therapy, including talking therapies, counselling, guided self-help, Eye Movement Desensitization and Reprocessing (EMDR), and Cognitive Behavioural Therapy (CBT).

### **You can speak to a therapist by:**

- Telephone
- Video
- Face-to-face contact

There are also a range of group therapy sessions, that are being run online during COVID, where you can join a therapist and other residents with similar mental health needs, as a way of supporting each other to resolve your problems.

**Visit [www.iapt.rdash.nhs.uk](http://www.iapt.rdash.nhs.uk) or call 01709 447755 for more information.**



**Rotherham Doncaster and South Humber**  
NHS Foundation Trust

## **Online cognitive behavioural therapy (CBT) from Ieso Digital Health**

CBT is an effective type of talking therapy used to treat a range of common mental health problems.

With online CBT you will work 1:1 with your therapist, but the conversation is typed instead of spoken. It's exactly like chatting via a messenger service with friends. You don't need to be brilliant at spelling or worry about using the correct grammar.

Online CBT has been shown to be just as effective as face-to-face, and many people find it less daunting and easier to be open.

### **Other benefits of online CBT:**

- Attend your therapy sessions from home.
- Flexible appointments to suit you.
- Seven days a week, 6am to 11pm.

**Visit [www.iesohealth.com](http://www.iesohealth.com) or call 0800 0745560 for more information.**



**Not sure which offer is right for you? Contact 01709 447755 for an initial discussion**



RotherHive provides a range of verified practical mental health and wellbeing information, support and advice for adults in Rotherham.

Visit the website [www.rotherhive.co.uk](http://www.rotherhive.co.uk) to find out more.



**NEW**  
to RotherHive:  
Wellness Hive and  
Mindfulness  
Activities

[www.rotherhive.co.uk](http://www.rotherhive.co.uk)

You can also access support via the Rotherham Health App.

 **Rotherham Health App**

## Support after bereavement or loss

Bereavement is a normal reaction to loss in human beings in virtually every culture across the world. There are no set rules for how long “normal” bereavement lasts, as each person and each loss is very different. If you or someone you know is grieving a loss and would like some support, there are local services that can help you to cope.

### **Listening Ear – South Yorkshire and Bassetlaw**

Bereavement helpline service for anyone who has lost or has been affected by bereavement, who needs practical support, emotional health and wellbeing support, advice or guidance. In addition during COVID people can struggle to cope with the loss of colleague, or someone they care for (i.e. care home staff), but don't consider them to be a loved one.

#### **The service provides:**

- One-to-one telephone support from an qualified worker
- Information, emotional and practical support
- Practical support dealing with healthcare agencies
- Local information with regards to the current funeral process
- Help overcoming any feelings of isolation
- Referrals and signposting to other services as required.

**Telephone: 0800 048 5224 Email: [helpline@listening-ear.co.uk](mailto:helpline@listening-ear.co.uk)  
[www.listening-ear.co.uk/refer/](http://www.listening-ear.co.uk/refer/)**

### **Amparo**

Amparo provides support for anyone bereaved or affected by suicide. Support can be provided one-to-one, to family groups, groups of colleagues or peers – whatever is preferred by you and is most appropriate to your situation.

**Telephone: 0330 088 9255 Email: [amparo.service@listening-ear.co.uk](mailto:amparo.service@listening-ear.co.uk)  
<https://listening-ear.co.uk/refer/amparo/>**

## **Urgent support**

It's important to know there is always someone to talk to. If you are in need of urgent help you can call:

- Samaritans on 116 123 for 24 hour support
- Rotherham, Doncaster and South Humber NHS Foundation Trust (RDaSH) Crisis Team on 0800 652 9571