

Ways to access Positive Step...

One way to access Positive Step is via our website:

www.positivestep.org.uk

Here you will be able to access self help materials.

You will also be able to identify the best course to meet your needs and book directly on to that course.

Should you need further support to access Positive Step or not have access to the internet, please contact Positive Step directly on:

0300 300 0834

positivestep

supporting wellness in North Somerset

The Coast Resource Centre
Diamond Batch
Locking Castle
Weston Super Mare
BS24 7FY

www.positivestep.org.uk

0300 300 0834

Privacy & Confidentiality

Sessions are held in confidence however there will be some professional contact between your PositiveStep worker and your GP or other staff involved in your care.

Please note that PositiveStep has a responsibility to protect a child or vulnerable adult and if necessary will pass information on to other services including other relevant agencies to fulfil this duty.

Panic Stressed
Low Anxious
Worried Shy
Alone Depressed

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Service Leaflet

NHS



Steps to good mental health...

We all feel low, worried or anxious at times, but sometimes this becomes worse and these problems stop us from living our life in the way we want to. You may feel like nothing can be done to help you feel better and taking the first steps can be hard.

How can talking to someone help?

Talking therapies can help you to develop skills for good mental health by:

Understanding why you feel as you do

Looking at how your feelings affect your thoughts and behaviour

Finding out what you would like to change

Discussing ways of coping now and in the future

What type of talking therapy is right for me?

The NHS recommends providing a variety of ways for people to access talking therapies. Positive Step offers evidence based Cognitive Behavioural Therapies and is therefore not a counselling service.

This CBT approach includes:

- Books on Prescription
- Computerised Cognitive Behavioural Therapy (cCBT)
- Self-help Materials
- Group work
- One to one therapy

There are many different approaches to choose according to your current concerns. If you would like to find out which approach is best for you, please contact us on

0300 300 0834

to arrange an assessment with one of our Wellness Advisors.

Feedback

We very much appreciate any feedback you have as it helps us to develop the service. If you are interested in being involved in improving the service, please speak to anyone working for [PositiveStep](#). If you have a complaint which you cannot resolve by talking to your [PositiveStep](#) worker, please contact us at [PositiveStep](#) or PALS.

PositiveStep

The Coast Resource Centre, Diamond Batch,
Locking Castle, Weston-super-Mare, BS24 7FY
Tel: 01934 523766

PALS (Patient Advice & Liaison Service)

PALS Officers

Avon & Wiltshire Mental Health Partnership
NHS Trust

Jenner House, Langley Park Estate
Chippenham, Wiltshire, SN15 1GG

Tel: 01249 468261 or 0800 0731778