

Wellbeing Service - guidance for professionals

The Wellbeing Service in Norfolk and Waveney offer short-term psychological interventions for mild to moderate anxiety disorders and/or depression. We can work with anyone aged 16 and over with no upper age limit.

People experiencing the following difficulties can benefit from the Wellbeing Service:

- Stress
- Low mood
- Worry
- Sleep Problems
- Depression
- Agoraphobia
- Recurrent Depression
- Panic
- Social phobia
- Obsessive Compulsive Disorder
- Social Anxiety
- Post-Traumatic Stress Disorder

In the case of co-morbidities for example early dementia or substance issues, we are happy to discuss individual cases to see whether we can provide appropriate support.

Brief interventions offered by the Wellbeing Service are not for people presenting with:

- Existing diagnosis of serious mental illness
- Enduring, complex presentations unlikely to be responsive to short-term focused intervention e.g. trauma such as childhood sexual abuse.
- Multiple problems requiring multi-disciplinary / agency care approach, including active safeguarding concerns
- A need for specialist support, for example: eating disorders or functional neurological disorders.

Reach Out.

Refer now

- Electronic Referral System (ERS)
- Professional Referral Form on

wellbeingnands.co.uk

General queries: **admin@wellbeingnandw.co.uk**

Telephone: **0300 123 1503**

Senior Leadership Team: **WellbeingProfessionalQueries@nsft.nhs.uk**



for anxiety and depression

Client's Pathway

Wellbeing Advice Session

45 - minute session to determine what support the client needs.

Offer evidence based support from our wide range of interventions.

Signpost or refer to a more appropriate service or organisation.

The Wellbeing Advice Session may be all the support that is needed to help the client determine their next steps.

Clinical and Social Recovery Interventions

CBT, Counselling & EMDR

- 1:1 talking therapy
- Psychoeducational workshops
- Computerised CBT

Peer Support Workers

Promote recovery using their lived experience

Employment Advice

Helping people to find, return to, or remain in work.

Social Events

Helping people connect with others in their recovery journey.

Reach Out.

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Scan here to find out more!



Wellbeing Norfolk and Waveney is provided by Norfolk and Suffolk NHS FT working with Mind and Relate.

We work together to deliver a range of support interventions for people ages 16 and over with low mood, anxiety and depression. For more information about who we are see: wellbeingnands.co.uk

Wellbeing Norfolk and Waveney is commissioned by Norfolk and Waveney Integrated Care Board.