Help in a crisis

If you are worried about the immediate safety of yourself or someone that you know, you should contact the Emergency Services on 999.

For alternative mental health support, you can call Samaritans on 116 123, SANEline on 0300 304 7000, NHS Direct on 111, or visit your GP.

How do I give feedback on a service?

If you have a concern, please feel free to speak with a member of the team.

Alternatively, the Service Experience Desk (SED) is the central point of contact for all concerns and enquiries, whether these are formal or informal, complaints, compliments or suggestions.

You can contact SED on:
Address: SED, Second Floor, Trafalgar House, 47-49 King Street, Dudley, DY2 8PS

Email: sed.dwmh@nhs.net

Tel: 0300 555 0535 or 01384 325014 (Please note: SED cannot take referrals into this service)

Leaflets are available in other languages and formats such as large print, braille or easy read. Please contact the communications team on 01384 325022 or email dwmh.communication@nhs.net.

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NHS
Dudley and Walsall
Mental Health Partnership
NHS Trust

Walsall's COPD
Talking therapies service
Self-referral guide

This service is for people registered with a Walsall GP who have a diagnosis of Chronic Obstructive Pulmonary Disease (COPD)

Freephone: 0800 953 0995
OR visit our website:
www.dwmh.nhs.uk/ttwalsall

Please advise when contacting our service that you have a diagnosis of COPD

better together

Why consider talking therapies?

COPD can affect your day-to-day life, and impact how you feel physically and emotionally. This can result in feelings of worry and low mood, which can stop you from managing COPD effectively.

Reducing worry and improving mood can make it easier to manage COPD. The better it is managed, the better your mood will be too.

Talking therapies is a type of treatment that involves talking to a therapist about your thoughts and feelings. They will be able to give you tools and techniques which will help to improve your mood and will help to reduce worry. This in turn will help you to manage your COPD.

If you decide that talking therapies is for you, please contact us via the details provided on the front page. **Remember to let the staff know that you have a diagnosis of COPD.** The staff member will arrange for you to receive a telephone call which will take around 20 - 30 minutes. This will enable us to provide information about what we offer and to ensure that our service is suitable for you. We will signpost you to other services if it is found that we can not meet your needs.

Should you decide to use the service, please be aware that it is important to attend all sessions to get the most out of the therapy.

Please note that telephone calls from our service will show as an unknown number, and please be aware that the security of emails and text messages can not be guaranteed.

What types of therapy do we offer?

SilverCloud - Computerised Cognitive Behavioural Therapy (cCBT)
cCBT is an effective treatment which can be accessed at any time from your smart phone, computer or tablet device. It is tailored to meet your individual needs and helps you to look at any thoughts or behaviours that are making it difficult for you to manage your COPD, or the way that you feel.

You will receive online or telephone support from a trained professional every fortnight.

Guided Self Help (GSH)
GSH involves completing a workbook that is based on CBT principles, and tailored to meet your individual needs.

You will receive telephone support from a trained professional every fortnight.

Cognitive-Behavioural Therapy (CBT)
CBT is more intensive therapy on a weekly or bi-weekly basis. You will be required to attend appointments for this therapy. It offers a combination of cognitive therapy, which examines unhelpful thoughts and beliefs, and behavioural therapy, which focuses on the things that you do which are unhelpful in managing your COPD.

Interpersonal Psychotherapy (IPT)
IPT is a type of therapy which can help with adjusting to change in your life, and explore how this change makes your feel. Again, you will have to attend appointments for this therapy on a weekly or bi-weekly basis.