

NHS NORTHAMPTONSHIRE TALKING THERAPIES HEALTH

June Newsletter 2025

WHO ARE WE?

We are a talking therapies service for people living with long-term conditions, who require some non-urgent psychological therapy to manage, adapt, and cope with their condition with;

ACT (Acceptance and Commitment Therapy)

Lived Experienced Peer Support

EMDR (Eye Movement Desensitisation and Reprocessing)

CFT (Compassion Focused Therapy)

CBT (Cognitive Behavioural Therapy)

REFERRAL PROCESS

Criteria: 17.5 years and above and must be registered with a GP

Who can refer? GP or Self-Referral or other healthcare professional

Areas we accept referrals: Northampton, Corby, Kettering, Wellingborough and Daventry

Long Term Conditions: Diabetes, Respiratory Difficulties (COPD), Cancer and Cardiovascular Problems

If you would like to make a referral, please send via email on talkinghealthnorthants@nhft.nhs.uk

You can call us on **0300 027 0584** if you require any further information on our referral process.

UPCOMING WELLBEING GROUPS

Respiratory and Wellbeing Group:

Tuesday 17th June, 09:30 – 11:30

Managing Your Wellbeing with A Heart Condition:

Tuesday 27th May, 13:00 – 15:00

Mindfulness Based Cognitive Therapy for Cancer:

Tuesday 24th June, 09:30 – 11:30

Managing Your Wellbeing with Diabetes:

Tuesday 10th June, 12:00 – 13:30

WHERE TO FIND US

Northamptonshire Talking Therapies Health

Lotus House, Victoria Street, Northampton, NN1 3NR

<https://www.nhft.nhs.uk/talkingtherapies/>

Please note, we are *not* an emergency service. If you require urgent help, please call NHS 111, The Samaritans on 116 123.

FEEDBACK

‘The therapist was very compassionate in her approach. I felt valued and heard. They sent information about what mattered to me after our sessions, which I used and will keep to support my recovery journey. I am now empowered to manage my anxiety, and I feel back in control of my thoughts, behaviours and actions’

‘They listened to everything with care and understanding’