

About Turning Point

We turn lives around every day, by putting the individual at the heart of what we do. Inspired by those we work with, together we help people build a better life.

Turning Point is the UK's leading social care organisation. We provide services for people with complex needs, including those affected by drug and alcohol misuse, mental health problems and those with a learning disability.

You can complete this slip and send to:
Rightsteps Wakefield, Third Floor Grosvenor House, 8-20 Union Street, Wakefield, WF1 3AE

Full name

DOB

Your Address

..... Postcode

Your telephone number

Your GP and surgery

When is the most convenient time to contact you?
.....

Do you have a disability? Yes / No - (If 'Yes' Please give detail)
.....

Ethnic origin

Do you require an interpreter?

Where did you hear about us?

Contact us

Rightsteps Wakefield

Third Floor
Grosvenor House
8-20 Union Street
Wakefield WF1 3AE

tel 01924 234860

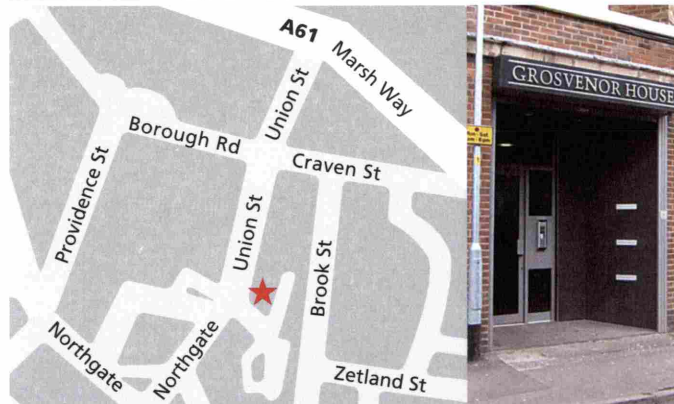
fax 01924 368767

email rightsteps.wakefield@turning-point.co.uk

You can find out more at:

www.turning-point.co.uk

This service is being delivered in partnership with NHS Wakefield District.



Find us

Above Fultons Foods and Rayners Opticians.

When facing the opticians, the door is on the right hand side. Please use the buzzer to access building.

Rightsteps is on the third floor with lift access available.

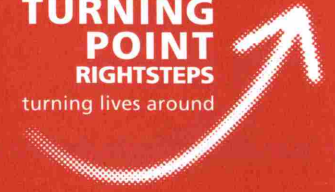
Confidentiality

All staff adhere to strict ethics on client confidentiality under the Data Protection Act 1998.

Turning Point is a registered charity, no.234887, a registered social landlord and a company limited by guarantee no.793558 (England & Wales). Registered office: Standon House, 21 Mansell Street, London, E1 8AA



**TURNING
POINT
RIGHTSTEPS**
turning lives around



Rightsteps Wakefield



Rightsteps is a fast acting therapy service for people with common mental health problems in the Wakefield district

NHS

Wakefield District



'I have been very impressed with my treatment from Rightsteps and would recommend to anyone in a similar situation'

Cognitive Behavioural Therapy (CBT) is an evidence based talking therapy which looks at how your thoughts, feelings and behaviours are affecting you in the here and now.

It is recommended for the treatment of:

- Depression
- Anxiety
- Panic
- Phobias
- Post Traumatic Stress Disorder
- Obsessive Compulsive Disorder
- Health Anxiety
- Social Phobia

It aims to help by providing a service when it is most needed.

The aim is to enable you to develop more helpful solutions to the problems you have by providing a range of interventions that can help you towards a better mental health.

Interventions include:

- Brief Short Term Talking Therapies
- Guided Self Help – telephone & one to one
- Employment Support
- CBT (Cognitive Behavioural Therapy)
- Stress Control Seminars
- Behavioural Activation
- Graded Exposure
- Computerised CBT
- IPT (Inter Personal Therapy)

Storage and Sharing of Information

We keep information about your care in electronic format on a dedicated specialist computer system. This is used by staff to plan and monitor your care. You can have access to these records at your request.

Information will be routinely shared with your GP and other people who you tell us need to be involved in your care.

A more detailed information leaflet is available; please discuss this with your worker.

Ways to refer yourself:

- You can ask your GP to refer you to Rightsteps
- You can email us at Rightsteps.Wakefield@turning-point.co.uk
- You can telephone us on **01924 234860**
- You can text us on **07553 374458** with your name and telephone number and we will call you back

Once you have made your referral, a therapist will contact you within 72 hours to arrange a convenient time to carry out an assessment with you.