

Talking Changes is an Improving Access to Psychological Therapies (IAPT) service designed for anyone over the age of 16 living in the County Durham and Darlington area. We work to deliver a range of therapies to people who experience common mental health problems such as stress, anxiety and depression, panic phobias, obsessive compulsive disorder and post-traumatic stress disorder.

As part of our response to the Corona Virus pandemic we would like to offer a bespoke referral pathway for social care and care home staff. Talking Changes now offers rapid access to a SilverCloud computerised Cognitive Behavioural Therapy (cCBT) programme called 'Space from COVID-19'.

The scale of the Covid-19 crisis is disrupting our personal and working lives. We are facing new challenges that are having an impact on our mental health. This cCBT programme aims to support you in finding helpful ways to cope and adjust to these extraordinary circumstances. The programme explores the following:

- How Are You Feeling?
- Dealing With Challenging Situations
- Coping With Things You Can't Control
- Relaxation
- Focusing On What You Can Control
- Staying Connected
- Self-Care
- Prioritising What's Important To You
- Building New Routines
- Activity Scheduling
- Surviving Self-Isolation
- Staying Hopeful

You can self-refer by visiting our website: [www.talkingchanges.org.uk](http://www.talkingchanges.org.uk) or call 0191 333 3300