



Who can access Healthy Minds?

If you live in Oldham and are over the age of 16, Healthy Minds can offer support and therapies to help you manage your difficulties.

We offer a safe place and time to talk to someone who won't judge you.

You might want to make sense of things or understand yourself better, resolve complicated feelings or recognise and change unhelpful patterns in how you act or think.

**Did you know
that 1 in 4 people
experience a
common mental
health problem**

We can help with...

- Depression and low mood
- Anxiety and worry
- Panic
- Obsessive compulsive disorder (OCD)
- Post traumatic stress disorder (PTSD)
- Pre and Post natal difficulties
- Social anxiety
- Phobias
- Long term health conditions

What's next?

If you'd like to access the Healthy Minds service you can self refer at:
www.penninecare.nhs.uk/healthyminds

We'll send you a letter inviting you to contact us and arrange an initial assessment appointment.

At this appointment we'll discuss your current difficulties, and together we'll decide on which treatment will be the most appropriate for you.

This could be a therapeutic workshop, computerised therapy or 1-1 sessions.

We offer a range of talking therapies, which are evidence based treatments for common mental health problems, for example, depression and anxiety difficulties.

Treatment we offer includes:

- Guided self help
- Cognitive Behavioural Therapy
- Counselling
- Therapeutic workshops
- Eye movement desensitisation and reprocessing therapy (EMDR)
- Online digital wellbeing courses