



South West London and
St George's Mental Health
NHS Trust

PROMOTING HEALTH AND WELLBEING IN SUTTON



**We all go through low points at times in our lives
and it is not unusual to experience symptoms
related to stress, anxiety and depression.**

**Uplift is a free service for anyone in Sutton
experiencing these kinds of difficulties.**

Sutton Uplift is an innovative service which is designed to support your health and wellbeing in a number of ways including:

- Wellbeing Support and Workshops
- Psychological Therapy
- Mental Health Assessments
- Recovery Support

Sutton Uplift is a partnership between South West London and St George's Mental Health NHS Trust and local voluntary sector organisations.

The service is available to people who are 18 years and over and live in Sutton or have a Sutton GP.

If you are interested in our service you can find our contact details on the back page of this leaflet.

How can I access support?

We can suggest a range of options to help you to access support, including:

- Telephone, face-to-face and online support
- Daytime, evening and Saturday morning sessions
- Group sessions in locations across Sutton
- Interpretation facilities
- Self-help resources

Wellbeing

The Wellbeing service aims to support you get the most out of life. Our Wellbeing support is provided through a partnership between Imagine, Age UK Sutton, Off the Record and Sutton Carers Centre which means we can reach and engage with a variety of people across the diverse population of Sutton.

Our team of Wellbeing experts have a wide range of experience of engaging with young people, older people, Black and Minority Ethnic communities, carers, and people in work and job seekers. They work across Sutton in community locations as close as possible to your local area. They develop bespoke support for individuals or groups. They will also support you to find and access local activities and community groups which matter to you.

This can include:

- Accessing activities that help to keep you both physically and emotionally well
- Developing your confidence to do the things you wish to do
- Learning to relax and cope with the stresses in your life
- Achieving healthier lifestyles such as eating or sleeping well

Psychological Therapies

Psychological Therapies are available in line with the IAPT (Improving Access to Psychological Therapies) model. This is a primary care psychological service for people who experience emotional difficulties including anxiety and low mood. We offer evidence-based psychological therapies, including:

- Guided self-help
- Psycho-educational courses and one-day workshops
- Psychotherapy
- Cognitive Behavioural Therapy (CBT)
- Interpersonal Psychotherapy (IPT)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Behavioural Couples Therapy (BCT)
- Online therapy courses

What happens following my referral/being referred for psychological therapy or wellbeing support?

We will arrange a convenient appointment time for one of our clinicians to call you to discuss your difficulties. This call normally takes 30 to 40 minutes. This initial phone session helps us to understand the problems that you would like support with. We then work together to decide what options are best for you.

Mental Health Assessment

Mental Health Assessments will be carried out by a group of experienced Mental Health Nurse Practitioners and Psychiatrists who will work with people who have been identified as having significant mental health difficulties requiring assessment. These assessments may be carried out over the phone or face to face.

They will help to decide whether someone needs support or treatment from Sutton Uplift or needs to receive increased mental health support from other services such as Recovery and Support Teams or a Home Treatment Team.

Recovery Support

Sutton Uplift will work with people who have a long standing but stable mental health condition who may require some short term support to improve their quality of daily living, or reduce social isolation. We will also offer additional support with changing or reviewing psychiatric medication and physical health needs.

A team of nurses, pharmacist and psychiatrist will work together to ensure that people with a mental health condition receive greater support in primary care through their GP without having to be referred to a community mental health team.

You can also visit our website **www.suttonuplift.co.uk** and complete an online self-referral form.

Surrey SM6 0EX

Fax: **020 3513 4455**

[illegible]

Sutton Uplift is delivered in partnership by: