

MAY 2018

MindWise Coaching and Talking Therapies

Towards a brighter future

Spring has sprung ...at last! We've been promised a heat wave, now all we need is the sunshine to go with it. For some patients, spring marks the end of a winter of increased symptoms of depression. Many with Seasonal Affective Disorder are just beginning to feel lifted and optimistic again.



For others though, the power of the sun is not enough to bring the change they need to begin to see their lives in a positive light. These patients need a more structured and holistic approach. Many will benefit from the appropriate medication regime on its own, but others will need additional support in the form of a Coach or Therapist. Traditionally, counselling and CBT have provided that valuable therapy for many people. Coaching has recently proved to be effective in supporting people to make a change in their lives, enabling them to go forward into a positive future.

MindWise join Regional Trauma Group

We are also delighted to have been invited onto the new Regional Trauma Group where we can contribute our knowledge and experience to ensuring this innovative, exciting and much needed service develops with the best outcomes for patients, GPs and Trusts.

MindWise

**A NEW VISION
FOR MENTAL HEALTH**

In the past 6 months MindWise has:

- Expanded its pool of therapists in response to the growing recognition of the value of Talking Therapies to both patients and to GPs
- Recruited 14 new therapists from a wide range of disciplines including Coaching, CBT, Counselling and Trauma specialists and who work across most Trust areas
- Continued to support Trusts and GPs through their Emotional Wellbeing Hubs
- Provided 57 sessions of Coaching
- Provided 451 sessions of Counselling, CBT and Trauma support
- Increased our capacity to deliver against CORE
- Reduced CORE scores by an average of 44% (an increase of 3% on the last six months)

We have supported patients to:

- Understand their issues and responses
- Recognise impact
- Clarify goals and actions
- Tap into existing skills and experience
- Move forward with their lives

Please feel free to display the enclosed information leaflet in your practice. If you would like to find out more, please contact us: coaching@mindwisenv.org or call us on 02890 40 23 23

Transforming lives and developing new visions for mental health by challenging stigma and discrimination, and providing quality services and support.

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MindWise is the operating name of Mind Wise New Vision a company limited by guarantee and recognised by HM Revenue and Customs as a charity for tax purposes

