



**Grenfell Health and
Wellbeing Service**

Grenfell Health and Wellbeing Service

Introduction to the types
of therapies offered



Wellbeing for life



The **Grenfell Health and Wellbeing Service** is a specialist, highly confidential NHS service, created to support anyone affected by the Grenfell fire.

How we can help

You may experience difficulties like depression, anxiety, post-traumatic stress disorder (PTSD), and traumatic grief. For some people these difficulties might have begun soon after the fire. For others, difficulties may only develop at a later time or when a person feels unable to cope any more. This means that it is never too late to ask for help.

The treatments we provide are called 'talking therapies'. Led by experienced, qualified therapists, 'Talking Therapies' can help to reduce the distress and unhelpful feelings you experience because of trauma.



What are talking therapies?

The therapies offered by the Grenfell Health and Wellbeing Service are the same ones used to help people who have suffered trauma all over the world. We see adults, children, couples and families. There is no 'one size fits all' and we will work with you to find the best kind of therapy to help you.

What happens when I get in touch with the service?

You, your child and/or family can find help from our service by completing a referral form on our website www.grenfellwellbeing.com.

If you prefer you can talk to one of our staff by calling 020 8637 6279 or ask your GP to refer you.

First meeting

When you first get in touch, we will talk to you about the kind of problems you are having and the types of therapies that may best for your needs. In this conversation, there are no right or wrong answers; it's all about you.

You do not have to start a 'talking therapy' if you do not want to, or if you don't feel ready. You can come back to us at any time.

Trauma therapies

Trauma focused therapies are effective treatments for the emotional distress following a traumatic event.

They won't make you forget your memories, but they make the memories feel less painful and you have more control when you think about them.

Trauma focused cognitive behavioural therapy (CBT)

This kind of CBT was designed specifically for PTSD. You will learn ways of coping with difficult symptoms then your therapist will help you to process your painful memories.

Eye Movement Desensitisation Reprocessing (EMDR)

Eye Movement Desensitisation Reprocessing involves making side to side eye movements while talking through the traumatic event. This is known to reduce the distress linked to the event and make upsetting images less intense. You remain in control and fully alert. This is not a kind of hypnosis.

Narrative Exposure Therapy (NET)

Narrative Exposure Therapy may be helpful for you if you've experienced a lot of traumatic events in your life. Your therapist will help you to create a timeline of events in your life. The therapist will write a detailed account of all you describe, and read through your entire story at the end of therapy. Many people say this helps them better understand themselves in relation to what's happened to them.



Cognitive Behavioural Therapy (CBT)

CBT is an effective treatment for anxiety and low mood/ depression. In CBT there is a focus on your thoughts and actions and the way they affect your mood. You and your therapist will work together to develop strategies to better manage difficulties and promote wellbeing. Sometimes people

have a short course of CBT to enhance their ability to cope. Other people may need a longer course of CBT for difficulties such as low self-esteem, social anxiety or health anxiety. CBT can also be helpful for managing long term health conditions.

Arts Psychotherapies

Arts psychotherapies describe different types of creative therapies. These include music therapy, art therapy, drama therapy and dance movement psychotherapy. These therapies

can help you to express feelings that you may find hard to put into words. You might have sessions alone with your therapist or in a group with other people.

Counselling and psychotherapy

Our lives often change because of trauma, and therapists specialising in counselling or psychotherapy can help us to

reflect on our lives, on what we have learnt and the things we can do to move forward.

Bereavement counselling and therapies

Although grief is a normal response to losing a loved one, it can feel very difficult, particularly if it lingers for a long time. Bereavement counselling will give you a safe

space to talk about your loss and the different emotions you may be feeling. Working through your grief in this way can help it to become less intense and overwhelming.



Family therapy

This kind of therapy can be useful for couples, families and children, to find ways of working together, supporting and listening to each other in order to feel better.

This can help families manage difficult life events such as trauma and bereavement, as well as stresses that arise when families face change.

You don't have to have family therapy. Members of your family might be better suited to individual sessions and you can discuss this with us when we meet.

Workshops/group therapy

Workshops help you to learn about particular difficulties and ways of coping with them; you only share as much about yourself as you want to. Some people find it helpful to hear from other people who have experienced the same kinds of struggles. It can sometimes be

useful to share experiences and learn from others who have been through similar situations.

Group therapy can take different forms and may not always be about talking. It might also involve community groups doing activities that help people to support each other.



Frequently asked questions

Can I have therapy in my own language?

We have therapists who speak a number of languages and we also offer therapy using confidential interpreters in all languages including British Sign Language. Having an interpreter does not reduce the effectiveness of the therapy. Having an interpreter does not reduce the effectiveness of the therapy.

Can I change my therapist?

We understand how important the relationship between you and the therapist is. Sometimes a therapist will suggest another therapist for you, but you can tell your therapist you want to change; they will not take it personally and can talk to you about the options.

What have other people said about it?

The overwhelming majority of feedback has been very positive – most people are finding therapy and therapists very helpful. But we want to hear about it from you, so that we can continue to improve our service.

I came to therapy once, can I come back again?

People can access different therapies at different times, to suit their needs. Sometimes someone starts therapy then decides they need to take a break or they might need a different approach.

Will people know I've had therapy?

Only if you tell them! The service is wholly confidential to you.

What if I'm worried about someone else?

If you have concern about another adult – a neighbour, friend or other family member - please get in touch so we can talk through the options.



Getting in touch



If you would like to find out more about any of these 'talking therapies' or you would like to refer yourself or your child to the Grenfell Health and Wellbeing Service, please complete the brief self-referral form on our website:

www.grenfellwellbeing.com



You can also call us on **020 8637 6279**



Or email us on **grenfell.wellbeing@nhs.net**



Or you can ask your GP or key worker to make a referral

This document is also available in other languages, large print, Braille, and audio format upon request. Please email communications.cnwl@nhs.net

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

Arabic

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

Farsi

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

Portuguese

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formacie audio.

Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

Gujarati

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

Turkish