New talking therapies provider launches service to support thousands across Sefton

Monday 4 January, 2021

1 January 2021, United Kingdom - Mental Health Matters (MHM) has successfully launched Talking Matters Sefton. Talking Matters Sefton is the new name for the support service that borough residents can access for help with their mental wellbeing.

Developed in partnership with NHS South Sefton and NHS Southport and Formby Clinical Commissioning Groups, the service ensures that patients can continue to access high-quality talking therapies as conveniently as possible, which is more important than ever in light of the ongoing coronavirus pandemic and its impact on mental wellbeing.

Talking Matters Sefton (TMS) is designed to help anyone aged over 16 in the borough, to deal with common mental health difficulties. These may include depression, anxiety, panic, phobia, obsessive-compulsive disorder (OCD), or post-traumatic stress disorder. Staffed by a team of highly skilled mental health professionals, the service is focused on delivering a person-centred approach to help people achieve positive outcomes.

Individuals looking to access support from the service can self-refer online, via email, or over the phone. Referrals can also be made through a Sefton GP.

Those that were accessing the previous talking therapies service have been contacted to confirm that they can expect a consistent level of care and continuity of support.

Victoria Malone, Head of Talking Matters at MHM, said: “We are proud to be running Talking Matters Sefton and to be able to support those in need. Our priorities are to deliver a high-quality service to those already accessing support and to reach out to people across the community, to ensure that residents know that we are here to help during difficult times”.

Dr Hilal Mulla, mental health lead for NHS Southport and Formby CCG, said: “Mental Health Matters has worked hard to ensure that existing patients won’t notice any difference to the high quality of support they receive from professionals as a result of the organisation taking over the running of our talking therapies service on 1 January, so services continue to be there for our residents when they need them.”

Dr Sue Gough, mental health lead for NHS South Sefton CCG, added: “Talking therapies provide a range of support for our residents who’re experiencing common mental health issues and these services are particularly important as we deal with the impact of COVID-19.

“We would encourage anyone experiencing things like stress, anxiety or depression to make contact with Talking Matters Sefton, it’s easy to do and the skilled team of professionals can really help.”

Mental Health Matters is a third sector organisation providing a wide range of support to people with mental health needs offering a welcoming, safe, comfortable, non-judgmental, and non-clinical environment.

MHM has experience in successfully delivering IAPT services for over 12 years and continue to leverage their wealth of experience and clinical best practice to expand services and reach more patients in need.

Learn more: https://www.mhm.org.uk/

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Scan Me:

Company Contact:

MHM

T. 01915163500
E. mediaenquiries@mhm.org.uk
W. https://www.mhm.org.uk

Additional Contact(s):
Carmel Smith
Email: mediaenquiries@mhm.org.uk
Tel: 07816 083 004

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