



97% of our private therapy patients would recommend our service to others

"I do look forward to my sessions; it's the only time I feel I can talk truly and in confidence."

"The therapy has given me a lot of insight and tools that will help me for the rest of my life."

St Andrew's Private Therapy patients

To find out how you can access help and support contact us:

t: 01604 616 050

e: therapyclinics@standrew.co.uk

w: standrewstherapy.co.uk



Compassionate care

At St Andrew's we are proud of our rich heritage in the provision of mental health care. Our history as a charity began in 1838 with the opening of our hospital in Northampton.

Our years of experience and understanding of people's mental health needs mean that we are proud to offer services to the community through our private therapy outpatient clinics.

Finding a balance

'We need to do a better job of putting ourselves on our own 'to do' list.'

Michelle Obama

As well as paying the bills, meaningful and rewarding work can contribute to our wellbeing, promote our feelings of self-worth and build confidence. However, the pressures of work, combined with the stresses of everyday life and family, can often become overwhelming.

According to the Health and Safety Executive, work related stress is the biggest cause of working days lost through injury or ill health. But, there are some things you can do to look after yourself despite the pressures of work.

Maintain a balance between work and personal life

- Spend time with your family and friends
- Take regular holidays
- Try leisure activities that you enjoy and which give you a sense of satisfaction and achievement
- Find time for the things that really matter to you

Looking after your physical health will also help you to maintain your mental wellbeing

Physical activity, healthy eating and trying to get enough sleep will make you more resilient and able to deal with the stresses of work. Making the right food choices at work can all help.





Recognise
that
nothing
EVER
stays **THE** same
FOR LONG

› View change as a positive and try, where possible, to be a part of how the change is managed.

No.1



TRY TO BE *honest* with *yourself*

> If you tend to strive for perfection or feel a strong need to please people, recognise that these characteristics may lead you to work too hard to the detriment of your wellbeing.


No.2

Drink **MORE** water

› Staying well hydrated at work can help you to maintain your energy levels, prevent headaches, maintain concentration, reduce stress and mood swings and curb those cravings for unhealthy snacks.



No.3

A person wearing a green and yellow jacket and dark pants is riding a mountain bike on a dirt path through a forest. The sun is low in the background, creating a warm, golden glow and long shadows. The trees are tall and thin, and the ground is covered in dry leaves and grass.

Recognise
the difference
between energy
depleting AND
energy boosting
activities

› Although you may feel exhausted from work, try to resist the temptation to curl up in front of the TV every night. You'll probably be surprised by how much better you feel if you make the effort to exercise or meet up with friends.

No.4



RECLAIM your lunch BREAK

It's a good opportunity to rehydrate, refuel and do some activity or get some fresh air. This can support both performance and wellbeing at work. A lunch break can improve concentration and decision making and may help reduce stress and fatigue.

No.5

Eat well feel well

› Regular eating patterns can be really helpful. Try not to skip breakfast or lunch and, for snacks, choose fresh and dried fruit and nuts.

With a little planning and imagination packed lunches can be fun, healthy and tasty. Homemade soups, salads, couscous, pasta and wholegrains make good lunchtime options.



No.6



Knowledge is power

- › Familiarise yourself with your workplace's policy on bullying, harassment, and what to do if you witness bad practice. Feeling stuck in a horrible situation can have a very serious effect on your mental wellbeing, so empower yourself with the knowledge you need to deal with tricky work situations before they arise.

No.7



Bang YOUR OWN drum

➤ Balance is about finding out what is right for you as an individual. Don't compare yourself to others. Know your limits and don't overstretch yourself.

No.8

How can St Andrew's private therapy outpatient clinics help me?

Within our outpatient clinics we employ over 20 practising Psychiatrists and Psychologists, meaning that we can match you with the most appropriate clinician and tailor your treatment to your needs and requirements.

The therapies we use are evidence based and National Institute for Health and Care Excellence (NICE) recommended. We use a variety of different therapeutic approaches, which we tailor to the specific needs of our clients.

The most commonly used psychological therapy is;

Cognitive Behavioural Therapy (CBT)

This involves identifying and breaking out of the unhelpful thinking and behaviour patterns which can cause problems, such as anxiety, depression and stress.

Our private therapy outpatient clinics help individuals overcome many common mental health issues, enabling them to function better in their everyday lives. We support people with:

- depression
- stress
- anxiety
- mood swings
- poor work performance
- sleeping difficulties
- panic attacks
- low self-esteem
- relationship difficulties
- anger
- autistic spectrum disorders
- attention deficit hyperactivity disorder.

To speak to someone
about how we can help

t: 01604 616 050

e: therapyclinics@standrew.co.uk