

At a glance...

We know that supporting you to live your life means more than just clinical care. Therefore, alongside this we offer a number of complementary services that provide additional support to you within your community, helping you towards living a full and meaningful life.

As a client of Norfolk and Waveney Talking Therapies, you have access to the following:



Peer Support Work

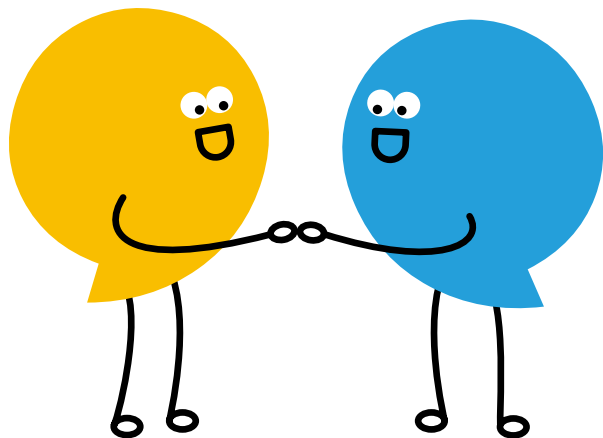


Employment Advice



Social Events

Speak to your Norfolk and Waveney Talking Therapies clinician to find out more



Contact us

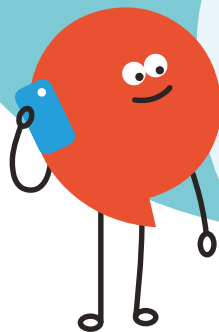
Norfolk and Waveney Talking Therapies,
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Longwater Business Park,
John Hyrne Way, Costessey,
Norwich, NR5 0AF



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If you would like this information in large print, audio, Braille, alternative format or a different language, please contact Customer Services on **01603 421486** or send an email to **customer.service@nsft.nhs.uk** and we will do our best to help.

Norfolk and Waveney Talking Therapies is provided by Norfolk and Suffolk NHS Foundation Trust working with Norfolk and Waveney Mind and Relate.

We work together to deliver a range of support interventions for people aged 16 and over with low mood, anxiety and depression. For more information about who we are visit: **nandwtalkingtherapies.org.uk**

Norfolk and Waveney Talking Therapies is commissioned by Norfolk and Waveney Integrated Care Board.

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**Norfolk and Waveney
Talking Therapies**

Support within your community



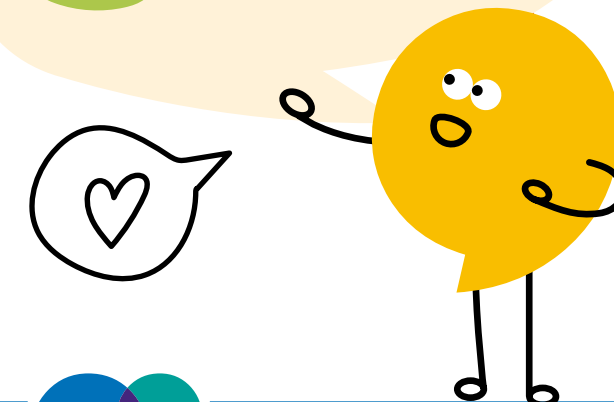
Peer Support Work



Employment Advice



Social Events



for anxiety and depression



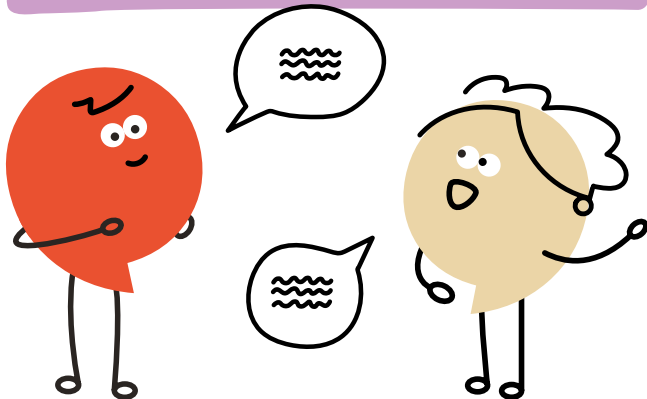
Peer Support Work

Peer Support Workers are members of staff who have been employed because of their own lived experience of mental health issues and recovery. Using this experience and training, Peer Support Workers are able to share what they have learnt and help you find the support that is right for you. The sessions are led by you and you don't have to share anything you don't want to.

A Peer Support Worker:

- Talks openly about their own experiences and recovery;
- Explores ideas around recovery, and what this might mean for you;
- Can help you think of small goals you could set yourself and support you to achieve these;
- Can support you to find and connect with other groups and organisations in the area.

Peer support may be accessed before, during or after the support you receive from your Norfolk and Waveney Talking Therapies clinician.

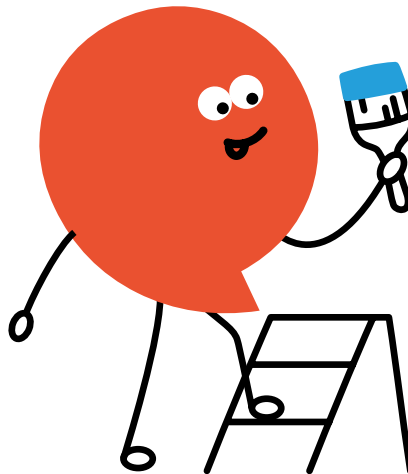


Employment Advice

We know that the right employment can help support wellbeing, enabling you to connect with and give to others, be active, take notice of the world around us, and keep learning. As such Norfolk and Waveney Talking Therapies provides Employment Advisors who can assist in your recovery by providing advice, motivation and guidance around the barriers you may be facing in relation to work.

An Employment Advisor is there to support you to reach your own personal goals around finding, returning to or remaining in employment.

Employment support may be accessed before, during or after the support you receive from your Norfolk and Waveney Talking Therapies clinician.



Social Events

Every month we organise varied social events across Norfolk and Waveney to give people the opportunity to expand their social network and catch up with those they've met through Norfolk and Waveney Talking Therapies. This is all about meeting like-minded people and finding out about what is going on in your local community. These aren't therapy sessions but a chance to connect with new people and try something new.

If you are nervous about coming along feel free to bring a friend or contact us on:



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To find out about all of the social events happening across Norfolk and Waveney visit the socials page on our website: nandwtalkingtherapies.org.uk



Social events can be attended by anyone aged 16 and over, whether or not you are currently accessing support through Norfolk and Waveney Talking Therapies.