



Rotherham Doncaster
and South Humber
NHS Foundation Trust

1 ALKING SHOP

**We offer free confidential
advice about mental health
and wellbeing. If you think
we can help, please call in.**

The Doncaster Talking Shop is the town centre base for the Doncaster Improving Access to Psychological Therapies (IAPT) service. The service is run by Rotherham and Doncaster South Humber NHS Foundation Trust (RDaSH). By simply walking through the door of our new town centre shop, people can access the following services:

- Specialist books and leaflets on how to manage mental health problems and emotional distress
- Information on what services are available in the community
- Appointment-led clinics for service users
- Self refer to a session with a mental health worker.

The Talking Shop offers advice and a range of Psychological 'Talking' therapies to support people with anxiety, depression and other common mental health conditions. The Doncaster IAPT service delivers psychological therapies from the Talking Shop, as well as giving people the opportunity to self-refer into the service and browse information on mental health issues. People can also gain knowledge about the range of therapies offered by the Trust. Information at the shop includes prevention and self-help literature and there is a directory of local services that people can be signposted to as part of their journey to recovery. Reception staff help visitors to access information and can signpost appropriately. Carers of people with mental health problems are also able to access information and local support.



We are a smokefree organisation.
Please provide a smoke free environment
for your healthcare provider.