

# Talking Therapy

Talking about feelings, past experiences and present struggles has huge benefits for our mental health. For some people, it can be much easier to speak to somebody outside of friends and family about issues such as anxiety, stress and depression. On this page, we look at talking therapy and the types of support available from Pharmacist Support and other organisations.

## What is talking therapy?

The term 'talking therapy' covers all the psychological therapies that involve a person talking to a counsellor or therapist about their problems. It is a safe space to talk, cry, shout or just think. There are many types of talking therapies and counsellors/therapists available. Some of these may be paid for services and some can be free or run by volunteers. It can be worth doing some research to find the method and therapist that really suits you.

## Talking therapy through Pharmacist Support

### Counselling through Pharmacist Support

We offer counselling with reduced waiting times to pharmacists and their families, trainees, and students. The service is run by an independent partner with trained counsellors and can be accessed via telephone, video call or face-to-face (within travelling distance to Altrincham).

### Listening Friends at Pharmacist Support

Our Listening Friends peer support service provides pharmacists, trainees, and students the opportunity to talk anonymously and in confidence to a volunteer pharmacist via telephone. Whilst volunteers can't give advice, they provide space to offload and decompress about personal or workplace/study stresses.



*Having access to a service like Listening Friends has sometimes felt like the only outlet I have for my anxieties and fears without worrying my family more than they are already.*

## Talking therapy through other organisations

Anxiety UK is a national charity offering support to those affected by anxiety disorders. For more info, call their helpline on 03444 775 774 or visit their website.

Mind provides advice and support to anybody living with a mental health condition through talking therapies and peer support. For more info, call their helpline on 0300 123 3393 or visit their website.