

COVID Specific Offer Bedfordshire Wellbeing Service

Pure Self-Help

Bedfordshire Wellbeing Service has self help materials available on our website for anyone to access at any time. We have a COVID specific page dedicated to providing up to date accurate information to support Bedfordshire's community with their psychological wellbeing <https://bedfordshirewellbeingservice.nhs.uk/>.

Webinars

Bedfordshire Wellbeing Service are offering one off webinars for anyone struggling with low mood or anxiety from the effects of COVID-19. Webinars are being advertised on social media and on our website: <https://bedfordshirewellbeingservice.nhs.uk/>. We are running two of these webinars a week and they are appropriate for anyone struggling with COVID-19 related worry/low mood and have proved very popular.

Computerised CBT

To help manage anxiety and low mood during Covid-19, specifically around living with uncertain situations computerised CBT is being offered via Silvercloud. This is being provided by our Psychological Wellbeing Practitioners and patients will normally be seen for between 4-6 sessions and have access to the online resources for a year post intervention.

Guided Self Help packages

If an individual needs a more comprehensive level of care following the webinar or Computerised CBT to help manage anxiety and low mood we have psychological support/interventions provided by our Psychological Wellbeing Practitioners. Patients will normally be seen for between 4-6 sessions.

Patients just need to self-refer through our website and an assessment is offered within days where they will be placed at the appropriate level of care.