

The Health in Mind service is provided in partnership by:

Sussex Partnership NHS Foundation Trust

Sussex Partnership NHS Foundation Trust provides specialist mental health, substance misuse and learning disability services across Sussex.

www.sussexpartnership.nhs.uk

Turning Point

Turning Point is an independent social care organisation providing services in the UK across mental health, learning disability, substance misuse and employment.

www.turning-point.co.uk

Health in Mind services are free for the residents of East Sussex.

Health in Mind is part of the Improving Access to Psychological Therapies Programme (IAPT).

IAPT is a country wide government initiative to improve access to Talking Therapies.

How to Access Health in Mind:

You can access Health in Mind either by asking your GP to refer you to the service, or contact Health in Mind directly in one of the following ways:

Visit our website:

www.healthinmind.org.uk



Or

Email:

spt.healthinmind@nhs.net

Or

Telephone:

0300 00 30 130

Lines open Monday to Friday, 9.00am to 5.00pm

If you require this document in another format such as large print, audio or other community languages please contact: 0300 00 30 130



Finding it hard to think positively?

Feeling stressed?

Not performing your best at work?

Wishing things could be different?

Lacking motivation?

Are you OK?

Strained relationships?

Life feeling hard?

Feeling under pressure?

Less time for things you enjoy?

Have a lot on your plate?

Couple Therapy for Depression

Sussex Partnership NHS Foundation Trust



We all go through low points at times and it is not unusual to experience depression which can come with arguments and distress in our relationship.

About this therapy

Couple therapy for depression aims to improve relationships by helping couples identify and work together on things that create unhappiness. We will find out how you and your partner can move on from stuck and even hostile patterns of relating.

It aims to help couples build upon the strengths in their relationship and understand the way in which difficulties in the relationship can contribute to depression in one or sometimes both partners.

This therapy is for couples who are together and where one or two experience depression.

“We experienced a very efficient and professional service and our therapist was highly competent and empathic and without her help we would not have achieved such a fantastic outcome.”

Couple therapy for depression helps couples to:

- Communicate more openly and clearly.
- Be more aware of their partner’s needs.
- Become less stuck and change repeating patterns in their relationship.
- Have a greater understanding of their partner and themselves.
- Manage feelings of anxiety and stress which arise from the challenges in their relationship and family life.
- Come to terms with life changes which might have triggered depression, such as becoming parents or losing a loved one.

Additional benefits of couple therapy

- A more stable family life
- Self-discovery
- An improved sexual relationship
- Reduced jealousy
- Increased confidence

What to expect...

Your couple therapist will begin with trying to get a picture of what you and your partner find difficult in your relationship and how this is affecting you both.

Sometimes your couple therapist may suggest ways for you to improve your communication and this may involve some “homework”.

Sessions are 50 – 60 minutes long and offered once a week. It is important for both partners to attend sessions (apart from some of the assessment sessions). The number of sessions involved in a course of therapy can vary and your therapist will discuss this with you at the outset.

“Thank you so much for your help we really are in a different place to where we started and we wouldn’t have got there without your wonderful counselling skills.”

Questionnaires and feedback

You will both be asked to fill in questionnaires about anxiety and low mood at each session. This enables us to give you feedback about your progress and evaluate the therapy.