vita health group

What is VitaMinds?

VitaMinds is your local NHS talking therapies service, known as IAPT (Improving Access to Psychological Therapies). It is a free service.

We all experience times when we feel like we can't cope, sometimes this can start to affect our everyday lives and prevent us from doing the things we normally do. VitaMinds can help. If you are over 16 and live in Derby and Derbyshire we can support you and provide you with the tools you need to get things back on track.

If you are suffering from:

- Excessive worry
- Low mood
- Depression
- Anxiety
- Social Anxiety
- Agoraphobia
- Obsessive Compulsive Disorder
- Body Dysmorphic Disorder
- Panic
- Trauma
- Specific Phobias
- A lack of motivation
- Have a Long-term health condition such as Diabetes, CPD, Chronic Pain, IBS, you are more likely to feel low in mood

VitaMinds can provide you with advice and guidance on the best options for you. We will take the time to understand what you need to get back on track.

We provide a range of evidence based talking therapies as well as advice and guidance on community services that can support you in your local area.

How we can help

Call or refer online and our supportive team will book you an appointment with one of our therapists who will take the time to talk with you about what's concerning you and provide you with the best options and next steps that can help.

These initial appointments will usually be offered by telephone.

Talking Therapies:

For your choice and convenience, all of our therapies can be provided via secure video, text-based therapy, webinar, phone or face to face (one to one, in a group).

- Psycho-educational courses – An opportunity to learn with others about your symptoms and new coping techniques
- Computerised Cognitive Behavioural Therapy (CCBT) – You need access to a computer for this
- Self-guided therapy with phone support from a therapist. 12 months access to a range of self-help materials
- Cognitive Behavioural Therapy (CBT) – Individual talking therapy that aims to change negative thinking and develop new ways of coping
- Eye Movement, Desensitisation and Reprocessing (EMDR) – specifically for trauma
- Counselling for Depression – where you've tried CBT and prefer a counselling approach
- Mindfulness – for recurrent/repeated episodes of depression
- Couples CBT for Depression – designed to treat depression in couples where there is also relationship distress

Monday – Friday 8.00am – 8.00pm, Saturdays 8.00am – 12.30pm
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NHS
Derby and Derbyshire
Clinical Commissioning Group