

# Psychological Therapies Short Newsletter

## April 2025



### UPDATES SINCE LAST NEWSLETTER

1. **Waiting list times:** The waiting times for **assessments** are approximately 10 weeks for low intensity presentation and 5 weeks for more complex presentations. For **individual therapy**, the wait is around 11 months for low intensity presentations and 9 months for more complex presentations. Anyone suitable for **group therapy** will be offered the next available group.
2. **Changes** have introduced a new **free service** for people in East Lothian who are 16 or over and consider themselves to have **ADHD**. They have workshops, support groups and nature therapy groups (18+) available. Please see the attached leaflet for more information.

### Psychological Therapies Service (PTS)

We are a team of Applied Psychologists and Psychological Therapists who offer individual and group psychological therapies for a range of presentations, working in a trauma informed way. Therapy groups include Survive and Thrive Group, Nurture Group and Beyond Trauma Group. Please refer to the CWIC mental health team if you are considering psychological therapy for your patient – 0300 790 6292.

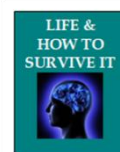
### Immediate and Digital Help



Daylight's digital anxiety improvement programme can help you control feelings of worry and anxiety, using proven evidence-based techniques. It is available for any NHS Scotland resident here:  
[trydaylight.com/NHS](https://trydaylight.com/NHS)



Sleepio's online **sleep improvement programme** can help you get to the root of **stubborn sleep**, using proven evidence-based techniques. **It is available to any NHS Scotland resident here:**  
[sleepio.com/NHS](https://sleepio.com/NHS)



East Lothian Psychological Therapies have developed a YouTube channel filled with psychoeducational playlists for when you are **stressed, overwhelmed or needing some help**.  
[www.youtube.com/@elpsychtherapy8259](https://www.youtube.com/@elpsychtherapy8259)

To access and sign up for the self-management courses, go to the following website:

<https://wellbeing.silvercloudhealth.com/signup/nhsscotland/>

Access code: Scotland2020

Referral for SilverCloud modules with reviews via local GP or CWIC mental health team.

[silvercloudcbt@nhslothian.scot.nhs.uk](mailto:silvercloudcbt@nhslothian.scot.nhs.uk) 0131 537 1247

CBT but is delivered over the internet by CBT therapists. Referral CWIC mental health (0300 790 6292 )

[www.iesohealth.com](http://www.iesohealth.com)

### Wellbeing Resource Hub

Drop-in, running every Wednesday between 12 and 2pm. Offering the public and professionals mental health and wellbeing advice, financial and welfare advice, and employment advice. Based in the entrance foyer of East Lothian Community Hospital. Hosted by PTS in partnership with Citizens Advice Bureau, EL Works, Improving the Cancer Journey and Changes. **NO APPOINTMENT REQUIRED.**

### The Ridge- community wellbeing and advice hub

The Ridge run a drop-in service that is open to all in the community. It is held every Thursday, 1:00 pm to 3:00 pm at The Ridge, 88 High Street, Dunbar. They offer benefits support and advice, access to community volunteering and group activities, recovery support, wellbeing and counselling access, larder access, budgeting advice, housing support, housing advice and debt advice.

# New ADHD Support at Changes East Lothian



Do you have a  
diagnosis of  
ADHD/ ADD or  
are you awaiting  
assessment?



Or do you  
consider yourself  
to have  
ADHD/ADD?

**ADHD**  
**ADD**

Attention Deficit (Hyperactivity) Disorder

We are setting up the following free services for people in East Lothian,  
16+

- Workshops on ADHD/ADD – full of information, resources, and interactive content
- Support groups – meet up with others with ADHD/ ADD in a supportive space led by a Changes facilitator
- Nature Therapy Groups – get out into nature and learn ways to manage your mental wellbeing led by a psychological therapist and nature guide. (18+)

To register your interest and find out more please scan the QR code.

Or you can call Changes on 0131 6533977

E-mail: [info@ChangesEastLothian.org](mailto:info@ChangesEastLothian.org)



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[www.groundswelluk.org](http://www.groundswelluk.org).



Scottish Charity No: SC025130  
[www.ChangesEastLothian.org](http://www.ChangesEastLothian.org)