

Coming to the end of therapy?

Taking Steps Forward

www.icope.nhs.uk/beyondtherapy

“As therapy ended, it was very reassuring to know there are a wide range of organisations and resources to help maintain my improved wellbeing going forward”.

Russell (Previous iCope service user)

You aren't alone in this.

Although these sessions have ended, this doesn't mark the end of the journey.

Our mental wellbeing is like a muscle, we need to exercise it and look after it to maintain its strength. There are lots of services that can offer things that may be helpful towards your wellbeing.

For a full list of services, please visit:

<https://www.icope.nhs.uk/camden-islington/helpful-resources/community-resources/>

If you don't have access to the internet, you can contact our iCope admin team on: 0203 317 7252 and request for a printed version to be sent to you.

For any questions you can contact iCope:

- **Email:** icope.referrals@candi.nhs.uk
- **Admin Telephone:** 0203 3317 7252

To self-refer to iCope in the future:

Call 0303 123 1000 or contact us through our website.

For more immediate support:

If you are experiencing suicidal thoughts or thoughts of self-harm and feel unable to keep yourself safe, you can reach out for more immediate support by either:

- Contacting your GP or local A&E for an emergency or out of hours appointment.
- Calling the Islington Crisis team on 0203 317 6333
- Calling Samaritans on 116 123.
- Contacting the Maytree, a voluntary organisation, on 0207 263 7070 or maytree@maytree.org.uk. They also have a centre you can visit (please see www.maytree.org.uk for more information).

Education

Parenting

Volunteering

Mindfulness

Exercise

Mental Health Apps

Socialising

Physical Health



My Plan...

What have I learned?

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What goals can I set for myself?

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How do I know if I'm not feeling well?

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How do I get back on track?

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Is there anyone I know that I can speak to?

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Support with employment

If you want advice with finding or staying in employment there are a range of services can offer help with:

- Going back to work following time off sick
- Managing disputes
- Changing jobs or finding employment
- CV writing and interview skills

All services are listed on our website. Our website offers a great number of resources, from our guided self-help books to information about different apps you can use on your smartphone.

Ending therapy sessions can feel difficult for a number of reasons. We advise taking some time to reflect on the key things that you can take away from your appointments. This can help you to continue working towards personal goals and build on the progress you have made so far.

Hints and tips from iCope staff and previous service users:

- Note down what you've got out of the sessions so you can look back on this. It can help if you have a setback, which is common.
- Take time to practice things you felt helped. It's easy for life to get in the way.
- Don't be afraid to talk to others, speak out and ask questions.
- Continue to set goals and tackle them just as you may have in therapy.

"Leaving therapy was difficult at first as I had really come to depend on the sessions. However, my therapist and I ended at a point where I felt comfortable.

I would also recommend having faith in yourself that you are learning. My therapist was supportive; she essentially helped me to believe in my own feelings and my own strength".

Frankie (Previous iCope service user)



Staying connected: The iCope Advisory Group

iCope really values service user feedback and input to help shape the service and what we do. We run an annual evening meeting where people are welcome to attend and are consulted on a number of service development topics. The iCope Advisory Group have recently had the opportunity to advise us on our website and also helped us with naming new groups that will start running. If you are interested in hearing more or would like to attend, get in touch with us.

Keep Talking: Counselling

There are many services that can provide on-going counselling support and opportunities to talk.

For more information about the help available, please see our website

<https://www.icope.nhs.uk/camden-islington/helpful-resources/local-counselling-services/>

Talk for Health run a support group that provides training around listening and sharing. You can find out more on <http://www.talkforhealth.co.uk/>

