



York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

# Tier 3 Weight Management Programme Sources of Psychological Support

Positive changes for positive health

Information for patients, relatives and carers

[York Weight Management Service](#)

① For more information, please contact:

Tier 3 Weight Management Programme

The York Hospital, Wigginton Road, York, YO31 8HE

Phone: 01904 725652

Mobile: 07557 815100

E-mail: [yhs-tr.yt3wmp@nhs.net](mailto:yhs-tr.yt3wmp@nhs.net)

## Suggested sources of support

Below are some suggestions of ways for you to access psychological support during, and after the completion of the weight management programme.

- **General Practitioner (GP)**
- **Improving Access to Psychological Therapies (IAPT)**  
This is an NHS mental health service and you can self-refer to this. This should give you eight free sessions of counselling with a bit more flexibility in who you see and when.  
The number is 01904 556840. This involves a telephone assessment lasting around one hour before you are referred to an appropriate place.
- **York Crisis Team** Telephone: 07852 527 583
- **[www.mind.org.uk](http://www.mind.org.uk)**
- **Samaritans** Telephone: 116 123  
Text: 07725 909 090
- **Counselling Directory - website**  
[www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)  
A website that allows you to find a counsellor in your area to suit your needs. Private counselling is typically £35.00 - £45.00 per hour.
- **Self-harm support and information – website**  
[www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm](http://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm)
- **[www.safelives.org.uk](http://www.safelives.org.uk)**

# My own Methods of Support

When you are feeling low, possibly after a difficult day at home or work, how do cheer yourself up? What sort of things do you enjoy? It could be useful to list some of these ideas below. Examples could include:

- listening to music
- walking in the park/country
- having a relaxing bath/ with candles
- spending time with family, friends, pets

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## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

The Tier 3 Weight Management Programme, The York Hospital, Wigginton Road, York, YO31 8HE, telephone 01904 725652 or email [yhs-tr.yt3wmp@nhs.net](mailto:yhs-tr.yt3wmp@nhs.net).

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.







# Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

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或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

Telephone: 01904 725566

Email: [access@york.nhs.uk](mailto:access@york.nhs.uk)

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