



**Easy  
Read**



# Getting support with difficult feelings

**The NHS Talking Therapies service**



# What is in this booklet?

Getting help with difficult feelings .....	3
What can NHS Talking Therapies help with? .....	4
What are NHS Talking Therapies? .....	7
NHS Talking Therapies if you have a learning disability or you are autistic .....	9
What else can NHS Talking Therapies help with? .....	11
How to get NHS Talking Therapies .....	12

# Getting help with difficult feelings



We all have feelings. Sometimes they are good feelings but sometimes they are difficult feelings.



When we have difficult thoughts or feelings that last a long time, this is called a **mental health problem**.

They can make everyday life harder, like sleeping, working or seeing people.



**NHS Talking Therapies** can help you with mental health problems by talking to a professional about your thoughts and feelings.



We will tell you more about NHS Talking Therapies and what it can help with in this booklet.

# What can NHS Talking Therapies help with?

Some of the mental health problems NHS Talking Therapies can help with are:



- **Depression** - this means feeling very sad or upset for a long time. It can also make you feel tired, make you not interested in things you used to enjoy, or make you feel hopeless.



- **Anxiety** - this means feeling very worried or nervous about something. It can make your heart feel like it is beating fast, make your tummy hurt, or make it difficult to relax.



- **Post-traumatic stress disorder (PTSD)** - this is where something that happened to you in your past still makes you feel very worried, makes you panic, or makes you feel like the event is happening again.

Some of the mental health problems NHS Talking Therapies can help with are:



- **Social anxiety disorder** - this means feeling very anxious about talking to other people, being in social situations, or going out.



- **Panic disorder** - this is when you have strong feelings of fear that come suddenly.  
It can make your breathing fast or make you feel out of control.



- **Obsessive Compulsive Disorder (OCD)** - this is where you have thoughts that are hard to stop and can be very upsetting.  
Sometimes people feel like they need to do actions to feel better or to stop something bad from happening.

Some of the mental health problems NHS Talking Therapies can help with are:



- **Body dysmorphic disorder (BDD)** - this is when you spend a lot of time worrying that there is something wrong with how you look.

It can mean looking in mirrors a lot or trying to avoid them, or not wanting to go out or see people.



- **Phobias** - this means being really scared of things, like heights or spiders.

This fear can be so strong that people avoid places, situations or activities.



These are just some of the mental health problems NHS Talking Therapies can help you with.

# What are NHS Talking Therapies?



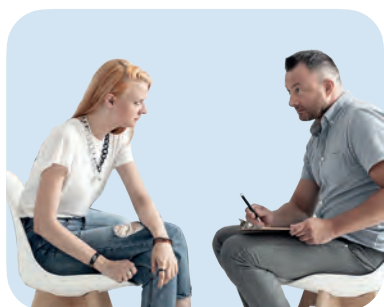
NHS Talking Therapies can help if you are struggling with your thoughts and feelings.



NHS Talking Therapies are treatments from someone who is trained to help you.

They are called a **mental health professional**.

You can have talking therapies in different ways, like:



- Talking to a mental health professional face-to-face.



- Talking to a mental health professional online, using a computer or tablet.



You can also have talking therapies by talking to a mental health professional over the phone.



What you talk about in talking therapies is private, and no one else will know what you have said.



Anyone can ask to have NHS Talking Therapies.



NHS Talking Therapies are free.

# NHS Talking Therapies if you have a learning disability or you are autistic



If you have a learning disability or you are autistic, you can ask for **reasonable adjustments** to help you use NHS Talking Therapies.

**Reasonable adjustments** are changes services can make so that disabled people can use services like everyone else.

You may be able to get reasonable adjustments like:



- Easy Read information.



- A quiet waiting area.

You may also be able to get reasonable adjustments like:



- No bright lights.



- Appointments first thing in the morning.

# What else can NHS Talking Therapies help with?



NHS Talking Therapies can also help you cope with **long-term health problems**, and how they make you feel.



**Long-term health problems** are illnesses that cannot be cured, but can be helped with treatment.

Long-term health problems include:



- **Chronic pain** - this is pain that goes on for a very long time.



- **Irritable bowel syndrome (IBS)** - this is an illness that causes stomach pains and could make you need the toilet more often.

# How to get NHS Talking Therapies



You can get talking therapies through an **NHS Talking Therapies** service.



One way to get help from an NHS Talking Therapies service is to ask your GP (family doctor).



They can contact an NHS Talking Therapies service for you.

This is called getting a **referral**.



You can also refer yourself for NHS Talking Therapies on the website at:

[www.nhs.uk/talk](http://www.nhs.uk/talk)



You could ask someone you trust to support you to refer yourself for NHS Talking Therapies on the website.

This could be a friend, a family member or a support worker.



To find out which services are near where you live, please visit this website: [www.nhs.uk/talk](http://www.nhs.uk/talk)

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