

Midlothian Psychological Therapies Service

Information for patients

What you can expect

You have had an assessment and been accepted for psychological therapy with the Midlothian Psychological Therapies Service.

Below are a few things that might be helpful to know before starting therapy. You can discuss any of these in more detail with your therapist when your sessions start.

- Firstly, we are happy you are here, and we are glad you are making this big step. We understand the courage it takes
- We know that starting therapy can be a bit daunting, many people feel this way
- Psychological therapy involves meeting regularly for around an hour, usually weekly or fortnightly
- We hope you find it a supportive and safe space
- Therapy involves developing an understanding of your difficulties, where they come from and what keeps them going. It helps you to look for different ways to cope, or positive changes you can make
- This means you need to be actively engaged with the process, both in sessions and between them. It does take some hard work, but it should be worth it
- Usually, therapy lasts a few weeks or months. Ending is important, because therapy hopes to give you tools and understanding to take forward yourself. You will agree on the number of sessions you will need with your therapist towards the start
- What we discuss in sessions is confidential. However, we do share some information with your GP and others involved in your care. We also have to share your information if we are very worried about you, or anyone else's safety
- Psychological therapy often involves you connecting with difficult emotions and experiences. This can be hard, but your therapist will guide you through the process
- It is important that you attend your sessions to get the most out of them. If you can't attend sessions regularly, we may need to discharge you from our service
- We hope you find this a positive experience overall. If you find aspects of therapy difficult, we welcome you to share this with us.

You can contact our office on **0131 285 9583** with any questions about your appointments. Our website is **Midspace.co.uk** Please note that we are **not** a crisis service. If you are in crisis, contact your GP during opening hours or NHS24 on **111** at other times. **Breathing Space** (phone support for people with low mood or feeling suicidal) can be contacted on **0800 83 85 87**