

One in four people in the UK each year will experience a diagnosable mental health problem, with anxiety and depression being the most common difficulties. Many more of us will experience times in our life when we find it harder to cope with day-to-day life or are faced with distressing life events.

Despite how common these problems are, people often feel anxious, and sometimes even embarrassed about seeking help and are unsure where to turn for support. Existing services often struggle to meet the demand for quality psychological therapies within acceptable time-frames.

Hillside Psychological Services Ltd was established to offer you and your loved ones the care we would like our own family and friends to receive:

- no long waits for help.
- flexible hours.
- quality care from highly skilled and experienced therapists.
- a compassionate, non-judgmental approach to any problem.
- absolute transparency about what we can and cannot offer (and whom we will inform about your difficulties).
- up-to-date, evidence-based information about a wide range of difficulties.
- the highest level of professional and ethical conduct at all times.

Therapy
Supervision
Training
Consultancy

Referrals: We take referrals directly from members of the public, and also from GP's, insurance providers, solicitors, employers, psychiatrists, etc. Please see our website for the latest information about our charges and what happens when you make contact with us.

Please contact us to discuss your individual needs:

01562 885207
HillsidePSL@outlook.com
www.hillsidepsychologicalservices.co.uk

127A Worcester Road
Hagley
Worcestershire
DY9 0NW



Hillside
Psychological
Services Ltd



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Compassionate, flexible care from highly skilled and experienced practitioners

Feeling anxious, stressed or low in mood?

Finding it hard to let go of painful memories?

Concerned about a loved one's mental health?

Worried about your child or teenager's behaviour?

Psychological therapy can help with these and many other issues.

Based in Hagley and serving Worcestershire, the West Midlands, south Staffordshire and Shropshire.

Therapy

We work with a wide range of problems including:

- Depression and other mood disorders
- Anxiety, stress and phobias
- Obsessive-Compulsive Disorder (OCD)
- Post-Traumatic Stress Disorder (PTSD) and experiences related to early trauma
- Eating disorders
- Interpersonal / relationship difficulties
- Low self-esteem and low self-confidence
- Sleep problems
- Behavioural problems in children

Models of therapy offered:

- Cognitive Behaviour Therapy (CBT)
- Eye Movement Desensitisation and Reprocessing therapy (EMDR)
- Systemic approaches
- Behavioural Family Therapy

If your particular concern is not listed or you have any other questions, please see our website or get in touch to discuss your needs.

About Hillside Psychological Services

We understand your problems may be difficult to talk about so we pride ourselves on being approachable, engaging and flexible. Our practice offers therapy for adults of any age, young people and children, covering a wide range of mental health difficulties.

We also offer supervision to other professionals, and a range of consultancy and training services for organisations.

Highly skilled: Our practice is staffed by Clinical Psychologists and other Psychological Therapists, each with over 10 years' experience of working as qualified practitioners within the NHS. Where relevant we are accredited therapists with recognised national organisations e.g. British Association for Behavioural and Cognitive Psychotherapies (BABCP).

Professional: All our practitioners are registered with appropriate professional bodies (e.g., HCPC: Health & Care Professions Council) and are cleared by the Disclosure & Barring Service (DBS, formerly CRB). We operate in line with guidelines relating to data protection and confidentiality.

Ethical: We apply the highest standards of professional and ethical behaviour to all our work. For example, should we feel that your needs are not best met by the services offered by this practice, we will advise you of this and suggest an alternative source of support.

Evidence-based: We review our practice in line with national, research-based clinical guidelines e.g. National Institute for Health and Care Excellence (NICE), in order to be able to offer the most effective therapies for specific mental health conditions.



Dr Heather Bennett, Lead Therapist

BA (Hons), MSc, PhD, ClinPsyD, CPsychol, AFBPsS

I am a Chartered Clinical Psychologist and Accredited Cognitive Behaviour Therapist with over 15 years' experience working in the NHS.

I am also a Registered Practitioner Psychologist with the Health and Care Professions Council (HCPC).

Since qualifying as a Clinical Psychologist from the University of Manchester in 2003 I have worked for:

Birmingham Children's Hospital NHS Foundation Trust

The University of Birmingham

Birmingham & Solihull Mental Health NHS Foundation Trust



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