

Welcome to Compass

This leaflet is for patients who may wish to refer themselves to the Compass programme.

Compass is an online treatment programme for people with long-term physical health conditions experiencing low mood and/or anxiety, or who are finding it difficult to manage their condition.

About the programme

Compass uses a cognitive behavioural approach, which is an evidence-based treatment for helping people manage long-term conditions, low mood and anxiety.

The programme is made up of 11 online sessions, which you can do in any order you like. The sessions cover topics that our research has shown people with long-term conditions may find difficult. These include managing uncertainty, managing symptoms, making the most of personal and professional support, managing stress, healthy lifestyle and routine. Sessions contain information, interactive tasks, goal setting and patient stories. The programme is tailored to you, to help you get an understanding of the difficulties you may be facing and how to manage them.

How you are supported

When you start Compass you are linked to a guide. Your guide is a healthcare professional who will provide you with support at regular points during the programme, either by online message or phone. How often and when you will have this contact will be explained to you by your guide at the beginning.

Services provided by:

Guy's and St Thomas' NHS Foundation Trust
South London and Maudsley NHS Foundation Trust

Your guide will review your progress by logging in regularly, and giving you feedback on notes you have made and tasks you have completed. They will also respond to your questions.

What to expect

You can do Compass from your computer, phone or tablet. The programme includes instructions and videos to help you learn how to use it. We suggest working through one session per week, but you can log in as often as you would like to review goals, do tasks, write notes or contact your guide.

At points during the programme you will be asked to complete a few short questionnaires. This lets you and your guide keep track of how you are doing. It is best to treat each online session as a treatment session and interact with Compass regularly.

“I was able to use the skills I gained from Compass to give me the courage to speak about my fears... Using Compass gave me permission to move on and accept that my life before my long-term condition won't come back, but that life afterwards is different and that's ok.” (Compass user)

This programme is available to people with a Southwark GP. Patients can be referred or refer themselves for psychological therapy by contacting Southwark IAPT [w: slam-iapt.nhs.uk/](http://slam-iapt.nhs.uk/).

Notes

Contact us

If you would like to find out more, go to our webpage

w: www.compass-southwark.co.uk

Distressed or in crisis?

Call our 24 hour mental health support line on

t: 0800 731 2864 (option 1) or visit

w: www.slam.nhs.uk/crisis

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

For Guy's and St Thomas'

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

For South London and Maudsley

t: Freephone: 0800 731 2864 (Option 2)

e: pals@slam.nhs.uk **w:** www.slam.nhs.uk/pals

e: complaints@slam.nhs.uk **w:** www.slam.nhs.uk/complaints

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day. **t:** 111 **w:** 111.nhs.uk

NHS website

Online information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing. **w:** www.nhs.uk

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