

IT'S GOOD TO TALK



Coming forward to talk to someone about your problems can be a difficult thing to do. The stigma surrounding mental health can stop people from reaching out for help. Here are some of the reasons that we hear:

- Therapy can't help solve my particular problems.
- I don't need a therapist; my problems are just normal issues.
- Other people are in a far worse position than me and cope, I should be able to manage this on my own
- Nobody will understand how I feel.
- People will judge me and think I am weak.
- There are more serious things going on in the world, I shouldn't be taking up your time.
- If I talk about how I feel I will never stop crying.
- Other people rely on me to be strong; things will fall apart if I do.

However, talking about your mental health and how you are feeling is a vital and necessary step towards feeling better.

Bottling things up can often make your situation and symptoms far worse. Carrying your problems alone can lead to coping strategies, such as excessive alcohol use, that can make your problems far worse in the long run.

Does this sound familiar?

"I was a person who did their best to avoid showing 'weakness'. Weakness was dangerous.

Weakness could get you hurt. I believed that showing my emotions was the biggest weakness. So, I bottled them up, pushed them aside and

*left them to be dealt with another day. Eventually the time came that I ran out of bottles. My emotions ran free, overwhelming me, drowning me from within."**

Here at PRRT we understand the difficulties in coming forward for treatment. We don't want you to get to the point where you feel like you are drowning. We will do our best to put you at ease from your first appointment. We will work in collaboration with you to help you to face your problems, at a pace that you are comfortable with. Our therapists are experienced in dealing with a myriad of problems including PTSD, complicated trauma, depression and general anxiety issues. We also understand the guilt and shame that can accompany these conditions. Our treatment is evidence based and includes Cognitive Behavioural Psychotherapy (CBT) and Eye Movement Desensitisation and Reprocessing Therapy (EMDR).

If you are concerned about asking for help and are unsure of what to do, finally ask yourself: If this was someone you loved and they were feeling as you are, what would you advise them to do? Would you tell them to keep it to themselves and get on with it, or go and ask for help?

PRRT is a specialist, confidential and secure service set up to work specifically with those who have been impacted by occupational trauma.

Please remember, it's ok not to be ok and we all need help and support sometimes. Here are what some of our client group had to say about PRRT Psychology Services:

"It makes such a big difference having a service which understands policing situations and means you don't have to get stressed out having to explain more things."

"Very satisfied. I came in a mess, confused and at a very low ebb. I have spoken about things I never have before. Near the end I realised I had been on a journey; the dots were connected and my condition made sense. Cannot thank my clinician enough."

"Thoroughly compassionate and professional at every stage. Wish I'd made the decision to seek help years ago."

For further information about our Psychology services please visit www.prrt.org. To make an appointment with our Psychological Therapies Team contact Services Admin on 02890 427788.

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**SOURCES:
*www.mind.org.uk**

PRRT is based at Maryfield, Holywood and provides psychological therapies, physiotherapy, personal development and training to the retired police population. PSNI employees can access our healthcare services via referrals from PSNI occupational health. Serving officers can access personal development and training directly.

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