



**A low threshold service for mental health care**



**DRAMMEN  
KOMMUNE**  
- et godt sted å leve

### What does this service offer?

We offer a low threshold/ short-term service entailing guided self-help and a limited number of structured conversational therapy sessions for people suffering with mild to moderate symptoms of anxiety and/or depression, also sleep problems (insomnia). The service is for those over 18 years old that are resident in Drammen kommune. It does not include acute crisis, complex conditions or serious mental illness. We do not offer diagnostic assessments or long term therapy. If you are in need of acute help contact your doctor (fastlege) or acute medical services (legevakt).

### Interdisciplinary team

The Low - threshold mental health team (Rask psykisk helsehjelp team) consists of a psychologist and staff with a minimum of a 3-year higher qualification in health and social sciences, e.g. nurses, physiotherapists. All have further qualifications in cognitive therapy.

The team cooperate with other services where this is needed such as your doctor (fastlege), other municipal services, specialist health services, unemployment and social services (NAV) and employers. This happens in consultation with the service user who is in contact with us. Contact with the team is confidential.

### What type of treatment do you receive?

The treatment is mainly based on cognitive therapy which is aimed at problem solving and insight into the interaction between thoughts, actions and feelings. An important goal is to break negative self-reinforcing circles between these elements that maintain mental health problems. The therapy is based on an active co-operation between client and therapist where a central goal is to help the client increase insight and awareness and then become their own problem solver.

**The low-threshold mental health service (Rask psykisk helsehjelp) offers:**

### Introduction course

An education based course on the themes of depression/negative thoughts and anxiety/ worries. The course is over 2 sessions of 2,5 hours each.

### Guided self-help program (internet based)

The low - threshold mental health team (Rask psykisk helsehjelp) in Drammen offer a free internet based treatment program. You will be given a personal code which gives you access to the program and guidance over the phone from a therapist. During the treatment program you will gain knowledge, advice and tools that will help you become your own problem solver.

### Individual therapy

A limited number of one-to-one sessions based on cognitive therapy. You are expected to practice at home (homework) using the tools and methods between the sessions.

### Coping with anxiety - group therapy

For those that are suffering with various anxiety problems. In this group you can share personal experiences. Runs over 6 sessions.

### Work related guidance

An education based course with focus on work especially for those that are about to be signed off sick or already are signed off sick by their doctor. The course is 1 session of 2 hours.

- Are you struggling with sad and difficult thoughts?
- Are you feeling down and experiencing reduced happiness and interest in activities?
- Are you experiencing anxiety, worries and inner turmoil which is reducing your quality of life?
- Are you experiencing sleep problems which are going out over your daily functioning?

Then maybe this low - threshold mental health service (Rask psykisk helsehjelp) could be something for you. It is free and you do not need a referral from your doctor.



## Assessment

- A member of the team will call you within 2 working days after you make contact\* with us, to inform you about the service and waiting times, and ask you some clarifying questions.
- We will try to find out if you are in the target group for this low - threshold mental health service (Rask psykisk helsehjelp), or if it is better for you to be referred to other branches of the mental health services as required.
- You will during this first conversation be given information regarding what we can provide. Registration for our introduction course and where you go from there.
- After you have taken the introduction course, contact us again and we will arrange\* an assessment interview regarding your further requirements.

**HOW TO GET IN CONTACT WITH THE LOW  
- THRESHOLD MENTAL HEALTH TEAM  
(RASK PSYKISK HELSEHJELP)?**

You can give us a call or send an e-mail.  
Do not write personal information in the e-mail.

**TELEPHONE NUMBER**

948 17 041

480 45 725

The phone is manned on Tuesdays and Thursdays from 09-12 a.m.  
If you do not get a reply when you ring, please leave a message on  
the answer phone or send an sms and we will contact you within 2  
working days.

**E-MAIL**

[rph@drammen.kommune.no](mailto:rph@drammen.kommune.no)

**VISITING ADDRESS**

Wergeladsgate 10  
3019 Drammen

**POSTAL ADDRESS**

Drammen kommune  
Postboks 7500  
3008 Drammen

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