

This contact information is being made available as a National Resource for advice. Details are presented in alphabetical order both by service location and by individual contact name. If you contact one of these services, please check you are speaking to the most appropriate person, and the details are up to date. Please contact the UKPTS administrator if you would like to have details updated ukptsinfo@googlemail.com.

Aberdeen Centre for Trauma Research, Institute for Health & Welfare Research

The Robert Gordon University, Garthdee Road, Aberdeen AB10 7QG.
Tel: 01224 263102.
Contact: Susan Klein, s.klein@rgu.ac.uk

Cambridge, Cognition and Brain Sciences Unit

15 Chaucer Road, Cambridge, CB7 2EF.
Tel: 01223 355 294.
Contact: Tim Dalgleish, tim.dalgleish@mrc-cbu.cam.ac.uk

Cardiff and Vale of Glamorgan, Traumatic Stress Service

University Hospital of Wales, Monmouth House, Heath Park, Cardiff, CF14 4XW.
Tel: 029 2074 2284
Contact: Jonathon Bisson Bissonji@cardiff.ac.uk

The service accepts referrals from secondary mental health professionals only from the Cardiff and Vale, Local Health Board area. We provide a full assessment service and when indicated provide treatment, using trauma focused CBT, EMDR and pharmacological approaches. We also have the veterans hub situated within our service for the All Wales Veterans Health and Wellbeing Service www.veteranswales.co.uk.

Colchester, Saunders Clinic

Oaks Drive Consulting Rooms, 27 Oaks Drive, Colchester, Essex C03 3QZ.
Tel: 01206 814 740.
Contact: Saunders Clinic info@saunders-clinic.co.uk

We provide private treatment services for Adults, Children and Adolescents who present with a wide range of problems, including PTSD, Complex Developmental Trauma, OCD, Depression, Pain Management, Anxiety and Asperger's. This is not an exhaustive list, so please contact our centre for further information. Treatment plans are tailored uniquely for each client and include CBT, REBT, EMDR and rehabilitation counselling. Physiotherapy and Osteopathy services are also available. We are registered with most major health insurers.

Combat Stress

Is the leading third sector mental health charity that offers specialist services for ex-military and Merchant Navy personnel. It provides psychiatric and psychological treatment interventions and rehabilitation for the ex-Service community alongside the NHS.

Referrals are accepted from GPs, NHS departments, social services, charities, veterans themselves and their friends/family.

Contact: Walter Busuttill walter.busuttill@combatstress.org.uk
Imogen Sturgeon-Clegg Imogen.Sturgen-Clegg@combatstress.org.uk
Email: csth13@combatstress.org.uk
dms@combatstress.org.uk

Edinburgh, Rivers Centre for Traumatic Stress

Tipperlinn House, Tipperlinn Road, Royal Edinburgh Hospital, Edinburgh EH10 5HF.

Tel: 0131 537 6874/6629; Fax: 0131 537 6104.

Contacts: Rivers.Centre@nhslothian.scot.nhs.uk

The Rivers Centre for Traumatic Stress is located in the grounds of the Royal Edinburgh Hospital. It accepts referrals from general practitioners and other agencies, but not direct referrals from the public. Waiting list - normally 6 weeks to assessment. Rivers offers treatment for the whole range of post traumatic disorders with the evidence-based psychotherapies (CBT, EMDR, CPT) as well as art therapy and physiotherapy. Treatment is offered in both individual and group sessions and support is also offered to family members and friends through a "supporters group" and joint sessions where appropriate. Age range: 18 years and over. Family members under 18 may be included in treatment as appropriate.

Humber Traumatic Stress Service

Victoria House, Park Street, Hull East Yorkshire, HU2 8TD.

Tel: 01482 617771.

Contacts: Jenny Ormerod, Jenny.Ormerod@humber.nhs.uk.

The Traumatic Stress service covers the Hull and East Riding area. We offer a service to individuals who have been exposed to trauma in adulthood in the Hull area. We accept direct referrals from GP practitioners and other health professionals in Hull and East Riding for ex-service personnel. We offer a consultation service to all mental health teams in the area and offer joint working, supervision and training to staff working with trauma clients.

Lancashire Traumatic Stress Service

18 Euxton Lane Chorley Lancs PR7 1PS

Tel No 01772 647071

Contact ltss@lancashirecare.nhs.uk
www.lancashiretraumaticstressservice.nhs.uk

The Lancashire Traumatic stress service is a county wide specialist service provided by Lancashire care NHS Trust to deliver NICE guidance compliant assessment and treatment for adult onset PTSD.

The service works in partnership with local mental health teams and all referrals to the service are through primary or secondary care mental health services across Lancashire. LTSS does not accept direct referrals.

Leeds Psychological Therapy Service

17 Blenheim Terrace, Leeds, LS2 9HN.

Tel: 0113 3431962.

Contacts: Cooper Anne, Cooper@leedspft.nhs.uk, or Richard Winspear, Winspear@leedspft.nhs.uk

Lincoln Psychological Therapies

Somerby Clinic, Dr Roderick J Orner Ltd, Flat 4, 8 Lindum Terrace, Lincoln LN2 5RS, UK.

Tele & Fax: 01522 511300, Mobile 07876 231087.

Contact: Roderick Orner, roderick.ornier@btinternet.com,
www.ForceMajeureMaritime.com

The Lincoln based service provides assessment, therapy and consultancy services for adults exposed to trauma and critical incidents, as well as occupational groups considered to be at particular risk. Special interests are pursued on the areas of trauma and trauma prevention in maritime contexts.

London Wiltshire, Capio Nightingale

Lisson Grove, London, NW1 6SH.

Tel: 020 7535 7726.

Ridgeway Hospital.

Moormead Road, Wroughton, Swindon, Wiltshire SN4 9DD.

Tel: 01793 814848.

Contact: Gordon Turnbull, gjturnbull@doctors.org.uk

London, Institute of Psychotrauma

East London NHS Foundation Trust, William Harvey House, 61 St Bartholomew's Close, West Smithfield, London EC1A 7BE.

Tel: 0203 465 6928 & fax: 0203 465 6923.

Contacts: Sarah Heke, Sarah.Heke@eastlondon.nhs.uk

London, Maudsley Hospital

Denmark Hill, London SE5 8AZ

Provides a number of services, presented in alphabetical order.

Adult Traumatic Stress Service

South London & Maudsley NHS Trust, Denmark Hill, London SE5 8AZ

Contact: Dr Nuri Gene Cos.

Tel: 020 3228 2969.

Provides an outpatient clinic specialising in posttraumatic stress disorder.

Centre for Anxiety Disorders and Trauma

South London & Maudsley NHS Trust, Denmark Hill, London SE5 8AZ

Contact: Nick Grey, nick.1.grey@kcl.ac.uk,
anxietydisordersunit@slam.nhs.uk.

The centre offers cognitive therapy for adults with anxiety disorders, including PTSD. It is located at 99 Denmark Hill, London SE5, in the grounds of the Maudsley Hospital. It accepts primary care referrals via the Lambeth, Southwark and Lewisham IAPT Services. It accepts secondary care referrals via the Lambeth, Southwark and Lewisham Integrated Psychological Therapy Teams. It accepts national referrals from CMHTs if PCT funding has been secured (<http://www.national.slam.nhs.uk/cadat>).

It does not accept self-referrals. Patients are offered the choice of two different appointments for assessment within 1 to 13 weeks, depending on availability and preferences. After assessment, there may be a further wait until treatment commences. Age range: 17 years and over. See also <http://psychology.iop.kcl.ac.uk/cadat/>

Childrens Traumatic Stress Service

The Michael Rutter Centre for Children and Young People
Maudsley Hospital, DeCrespigny Park Road (off Denmark Hill)
London SE5 8AZ

Tel: 020-3228-2546 & Fax: 020-3228-5011

Contact: sean.perrin@slam.nhs.uk

The CTSS is a National & Specialist NHS service providing evidenced-based treatment to traumatized children and adolescents. Detailed information about our services and referrals can be found at:

<http://www.national.slam.nhs.uk/services/camhs/camhs-traumaticstress/>

Trauma Studies

Department of Psychological Medicine, Institute of Psychiatry, King's College
London

Tel: +90-212-251 0084

Contacts: Metin Basoglu, metin.basoglu@kcl.ac.uk

Maria Livanou, maria.livanou@kcl.ac.uk

Ebru Salcioglu, ebru.salcioglu@kcl.ac.uk

London, Traumatic Stress Service

Specialist Services, South West London and St George's Mental Health NHS
Trust, Springfield University Hospital, 61 Glenburnie Rd, London SW17 7DJ

Tel: 0203 513 6911. Fax: 0203 513 6144

Contact: pippa.stallworthy@swlstg-tr.nhs.uk

The TSS is a specialist out-patient service providing assessment and evidence-based psychological treatments for PTSD arising from adult traumatic experiences. We cover five boroughs of South London- Merton, Sutton, Wandsworth, Kingston and Richmond. We accept referrals direct from Wandsworth, Merton and Sutton IAPT services, and from CMHT's across the five boroughs. We also accept national referrals where funding has been agreed with the PCT.

Further information for both users and referrers is available at <http://www.swlstg-tr.nhs.uk/our-services/traumatic-stress-service/>

London, Tavistock Clinic

120 Belsize Lane, London, NW3 5BA.

Tel: 020 7435 7111

London, Trauma Clinic

London, Trauma Clinic, 7 Devonshire Street, London W1W 5DY.

Tel: 020 7323 9890 Fax: 020 7323 9903.

Contacts: Jane Herlihy, J.herlihy@traumaclinic.org.uk, Peter Scragg, p.scragg@traumaclinic.org.uk, Stuart Turner, s.turner@traumaclinic.org.uk.

Web: <http://www.traumaclinic.org.uk/othlink.html>

The Trauma Clinic is a private multi-professional out-patient service operating in London's West End. Staffed by specialists in the field (clinical psychiatry and psychology), it aims to help adults with emotional reactions to adversity, including PTSD, depression and anxiety disorders. Self-referrals as well as referrals from GPs and other specialists (e.g. psychiatrists, psychologists, occupational health services) are accepted and clinical appointments can usually be offered within a week. Age range: 18 years and over.

The Trauma Clinic is registered, and therefore licensed to provide services, by the Care Quality Commission. For more information, visit www.cqc.org.uk. The Trauma Clinic also provides training, consultancy and legal assessment services. Please contact us for further information.

London, Traumatic Stress Clinic

Adult Services Camden and Islington NHS Foundation Trust; University College London, 73 Charlotte Street, London, W1T 4PL.

Tel: 020 7530 3666 or Fax: 020 7530 3677.

Contacts (Other): Chris Brewin c.brewin@ucl.ac.uk.

Contact (Veterans service) Mark Hinton, mark.hinton@candi.nhs.uk,

(Refugee service): Mary Robertson, mary.robertsontsc@candi.nhs.uk.

(Adult service): Monica Thompson, Monica.thompson@candi.nhs.uk.

London, University Hospital

Lewisham, South London & Maudsley NHS Trust (other services).

Tel: 020 8333 3000.

Contact: Martin Baggaley, m.baggaley@btinternet.com

Manchester, Department of Clinical Psychology

Formerly, Defence Secondary Care Services Psychological Injuries Unit.

Tel: 0161 233 0437.

Contact: Hazel Pilgrim, hazel.pilgrim@hotmail.com

Medical Assessment Programme (MAP)

Head of Medical Assessment Programme

Baird Medical Centre

Gassiott House

St Thomas Hospital

Lambeth Palace Road

London

SE1 7EH

E-mail: map@gstt.nhs.uk

Freephone Helpline: 0800 169 5401

The MAP was established in July 1993 to examine UK Gulf veterans who were concerned that their physical health had been adversely affected by service in the 1990/1991 Gulf Conflict (Operation GRANBY). In recent years the Ministry of Defence (MOD) has extended the service to other groups of veterans including Porton Down Volunteers (PDV) and veterans of operations in Iraq and Afghanistan and in 2007 the service began offering mental health assessments for veterans who believed their mental health may have suffered as a consequence of operational military service since 1982 and was not fully understood within the NHS.

Some GPs and other Health Professionals may have difficulty understanding the needs of veterans who believe they are ill as a result of operational service. Doctors are encouraged to refer to the MAP any patients who are concerned that their health may have suffered as a result of their Service and who fulfil the criteria for being seen. This will allow the patient to have a thorough assessment by a doctor with considerable knowledge of veterans' illnesses issues. Satisfaction surveys indicate that the service provided by the Programme is well regarded by patients.

Newcastle

North East Traumatic Stress Centre, Plummer Court, Carliol Place, Newcastle upon Tyne, NE1 6UR.

Tel: 0191 206 1199.

Contact: Sally Standart or Kevin Meares

Sally.Standart@ntw.nhs.uk, kevin.meares@ntw.nhs.uk

We are a regional post traumatic stress disorder service covering the North East of England, from Berwick in the north to Middlesbrough in the south and Carlisle in the West. We offer an assessment service for trauma for adults aged 18-65 and a psychological therapy service including trauma-focussed cognitive behavioural therapy and EMDR for adult onset PTSD. We tend to see complex presentations of trauma or those clients who have struggled to move on in other services.

Northampton, St Andrews Hospital

The Ferguson Unit (a secure psychiatric unit for women, many with trauma histories), St Andrew's Hospital, Billing Road, Northampton, NN1 5DG.

Tel: 0800 434 6690.

Contact: Amey Haywood, AHaywood@standrew.co.uk

Provides out-patient and specialist in-patient treatment.

Nottingham, Centre for Trauma Resilience and Growth

St Anns House, 114 Thorneywood Mount, Nottingham NG3 2PZ.

Tele: 0115 844 0586

Contact: Liz Edwards (Centre Administrator), liz.edwards2@nottshc.nhs.uk,
Stephen Regel, Stephen.Regel@nottshc.nhs.uk

The Centre for Trauma, Resilience and Growth brings together the Trauma Service situated within Nottinghamshire Healthcare NHS Trust and the Trauma Research Group which is situated within the Centre for Social Work, University of Nottingham. It is a new partnership dedicated to trauma-focused CBT, consultancy, education, training and research into trauma.

Oxford, Stress and Trauma Centre

47 High Street, Witney, Oxford OX28 6JA.

Tel: 01993 77 90 77 & Fax: 01993 77 94 99.

Contact: Claudia Herbert, claudia.herbert@oxdev.co.uk or our practice manager, Clare Hadland, clare.hadland@oxdev.co.uk

The Oxford Stress and Trauma Centre was founded in 1998 by its Clinical director, Dr Claudia Herbert and is a part of The Oxford Development Centre Ltd. The Oxford Stress and Trauma Centre, Oxfordshire's first independent, private trauma service, offers specialist, individually tailored psychological assessment and treatment of all stress- and trauma-related problems, including Posttraumatic Stress Disorder (PTSD). This includes traumas caused by accidents, assaults, disasters and catastrophes, as well as, complex traumas, such as childhood abuse, war trauma, hostage takings, torture, or suicide bombings. Additionally, we work with clients who may have been diagnosed as suffering from personality disorders, as well as, various dissociative problems, including Dissociative Identity Disorder (DID). We are able to provide medico-legal assessment and treatment work, as well as, supervision or therapeutic treatments for fellow professionals. Our approach is collaborative and we use the latest evidence-based treatment methods, including Cognitive Behavioural Trauma Therapy (CBTT), Eye Movement Desensitization (EMDR), as recommended by the NICE guidelines, but also

Sensory Motor Therapy and body-centred trauma approaches, such as Calatonia.

The Centre accepts direct self-referrals from clients; Solicitors; GPs; or other Health Professionals. We also offer a service to professionals from the Emergency Services, the Health Service or other Agencies and Organizations, as requested by their Occupational Health or Human Resources Departments. We work with adults, adolescents and children, who have experienced trauma. We can also now offer a service to clients who would prefer to see us in our other premises in Stroud, Gloucestershire. We are happy for you to contact us so that we can answer any other questions you may have.

Oxford

The Warneford Hospital, Warneford Lane, Oxford, OX3 7JX.

Tel: 01865 738878.

Contacts: Martina Mueller, martina.mueller@obmh.nhs.uk

The Oxford Psychological Services Trauma Clinic is an out-patient clinic specialising in the assessment and treatment of psychological difficulties arising from traumatic experiences in adulthood including PTSD, depression, panic and other anxiety disorders. The clinic is open to referrals from community mental health teams in Oxfordshire, the IAPT service and other specialist agencies. The service *does not* accept direct referrals from the public. The service is located at the Warneford Hospital, Oxford. Patients will be seen within 6 weeks of referral for an initial assessment appointment. There may be a wait for treatment thereafter.

University of Plymouth

Peninsula Allied Health Centre, Derriford Road, Plymouth PL6 8BH.

Tel: 01752 588887.

Contact: Rudi Dallos rdallos@plymouth.ac.uk

All of us will experience various forms of loss and traumas during our lives. These can be painful and distressing but are also a normal part of life. However in some circumstances these experiences are so overwhelming that we may need professional advice and support in order to help us to cope. The support required may vary but we adopt the view that an important focus is to empower people to draw upon, and enhance their own personal resilience and sources of support. The purpose of the centre is to provide training, advice and consultation to services and professionals who work with individuals, families and communities. We also conduct research and collaborate with services to help develop their provision.

Reading, Berkshire Traumatic Stress Service

Berkshire Healthcare Foundation NHS Trust, Erleigh Road Clinic, 25 Erleigh Road, Reading, Berks RG1 5LR. Tel: 0118 9296400.

Contact: Dr. Deborah Lee, deborah.lee@berkshire.nhs.uk

The Veterans Service, York

"Improving the wellbeing of the armed forces veterans community"

A collaboration between CBT Clinics and the York Stress & Trauma Centre
The Veterans Service offers a seamless integration of psychological assessment, treatment and follow up for the veterans community utilising evidenced based interventions, abiding by NICE Guidelines. The Veterans Service provides a nationwide network of accredited CBT Psychotherapists, Clinical Psychologists and EMDR practitioners offering psychological outpatient treatment for veterans. We also provide an intensive psychological treatment programme based in York. The fast-track five day programme provided by Matthew Cole (ex-service RN), offers daily evidenced based treatment with accommodation provided. If you would like to find out more about our nationwide services then please contact Antony Brown on 01904 620781 or email at info@cbtclinics.co.uk.

Watford, PTSD Clinic

The Post Traumatic Stress Clinic, Shrodells Psychiatric Unit, Watford General Hospital, Vicarage Road, Watford, Herts, WD1 8HB.

Tel: 01923 217554. Contact: John Spector, emdr.org@btopenworld.com
(also for advice on EMDR).