

Rask psykisk helsehjelp

Søndre Nordstrand District

Contact:

Tel.: 918 57 837 during phone
hours: Tuesday 09:00–11:00 and

Wednesday 12:30–14:30

Visiting address:

Ravnåsveien 1, 1254 Oslo



RASK PSYKISK HELSEHJELP

Quick mental health care

SØNDRE NORDSTRAND DISTRICT



**Free low-threshold
service for district
residents who struggle
with mild to moderate
anxiety, depression or
disordered sleep.**



Oslo

WHO IS RASK PSYKISK HELSEHJELP FOR?

This service is aimed at adults over the age of 16 who want help with mild to moderate forms of anxiety, depression, disordered sleep and stress, as well as help to find or get back to work. Most people who get help from us are experiencing these sort of problems for the first time, or they have benefitted greatly from a similar type of service in the past. We want those who contact us for help to read more about what we can help with to see if we are the right fit for them.

WHAT IS DEPRESSION?

Key symptoms include low mood, despondency, loss of joy or interest in activities or other people, withdrawal and reduced energy. Many also experience feelings of reduced self-esteem, thoughts of death, concentration issues, increased irritability or a sense of hopelessness.

WHAT IS ANXIETY?

Anxiety disorders is an umbrella term for conditions where the main symptom is anxiety, either in connection with certain objects or situations, persistent concerns or sudden panic attacks. Anxiety often involves symptoms like tiredness, restlessness, irritability, headaches, muscle tension, breathing difficulties, tremors, sweating and sleeplessness. Anxiety and depression often occur together.

WHEN SHOULD YOU ASK FOR HELP?

When you experience symptoms that persist more than a couple of weeks, and they affect your well-being, daily life, education or social and professional functioning.

WHAT KIND OF TREATMENT DO WE OFFER?

The treatment is based on cognitive behavioural therapy and we use multiple different approaches: courses and groups, guided self-help and short-term individual therapy. The service is provided by a multidisciplinary team.

WHAT IS COGNITIVE BEHAVIOURAL THERAPY?

The core of cognitive behavioural therapy is to support you in coping with your life problems by changing detrimental thought patterns and/or behaviours associated with the problems. The treatment requires that you actively participate in exercises and work on things at home.

DO YOU THINK THIS SERVICE CAN BE A GOOD FIT FOR YOU?

Call us during phone hours
918 57 837

Tuesday 09:00–11:00
Wednesday 12:30–14:30

If you do, we will evaluate to see if our services are a good fit for you, and we can provide advice and assistance to get you the help you need.

The service is free, and you do not need a referral from your doctor. We do, however, encourage a collaboration with your primary care physician.