

# TALKING THERAPIES /

## IMPROVING ACCESS TO PSYCHOLOGICAL SERVICES (IAPT)



### What is IAPT?

Service video: <https://youtu.be/l6oi2iwqUq0>

Improving Access to Psychological therapies (IAPT) is an NHS Service that offers NICE recommended treatments for people experiencing common mental health problems.

### What are the treatment options?

- 1:1 Cognitive Behavioural Therapy (CBT)
- Computerised CBT
- Counselling
- Group Workshops
- Guided self-help
- Wellbeing webinars
- Bereavement counselling
- Brief counselling

### Who can refer?

- Self referral
- Reception / Admin
- GP/ Primary Care health professionals e.g. nurse, health visitors

### How to refer?



#### Electronically

Patients can go onto the website and select 'Get started'.

[towerhamletstalkingtherapies.nhs.uk/](http://towerhamletstalkingtherapies.nhs.uk/)



#### Telephone

Patient can contact  
**020 8475 8080 / 0208 536 2450** to be seen as a 'walk in'

If the patient is unable to self-refer, it is advised for the referrer (admin/GP) to complete the form on the patient's behalf with their consent.

### What conditions are covered?

#### Included

- Feeling low or depressed
- Feeling anxious, stressed or panicky
- Problems with low self-esteem
- Worrying
- Problems dealing with traumatic life event
- Obsessions and compulsions
- Helping people manage change whether it's through health or a change in circumstances

#### Excluded

- Schizophrenia / "I'm hearing voices"
- Significant Risk / Suicidal
- Bipolar Disorder
- Personality Disorder
- Anger Management
- Obvious signs of psychosis
- Substance Misuse
- Unexplained neurological symptoms e.g. memory problems, muscle fits
- Under 18

**If a patient presents with significant risk/ suicidal thoughts please follow your practice protocols.**