

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

Who can signpost?

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

How to access?



Electronically

Patients can complete an online form on the website:
www.talkingtherapies.nelft.nhs.uk/waltham-forest/

Email: walthamforest.iapt@nelft.nhs.uk



Telephone

Patient can contact
0300 555 1271 or **0300 300 1554**
(choose 'Waltham Forest' option)

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
- Problems dealing with traumatic life event
- Obsessions and compulsions
- Helping people manage change in circumstances
- Mild to moderate depression or anxiety resulting from a long term health condition that is manageable in the community
- Stress management

Excluded

- Schizophrenia / "I'm hearing voices"
- Severe or complex long term health conditions with major adjustments and medical procedures
- Bipolar Disorder
- Personality Disorder
- Anger Management
- Obvious signs of psychosis
- Substance Misuse
- Severe Autistic Spectrum Disorder (ASD) or learning disability
- 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.