

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 signpost?

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

Patients must be 18 and over and be registered with a GP in the London borough of Barking & Dagenham.

How to access?



Electronically

Patients can complete an online form on the website:
<https://www.talkingtherapies.nelft.nhs.uk/barking-and-dagenham>



Telephone

Patient can contact
0300 300 1554 option 3

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
- Adjustment to long term health conditions

Excluded

- A diagnosis of Schizophrenia including hearing voices
- Significant Risk/Suicidal
- Bipolar Disorder
- Personality Disorder
- Anger Management
- Signs of psychosis such as hearing or seeing things which others cant
- 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.