

What happens next...

Call **024 7667 1090**

Monday to Friday 9am to 4.30pm
(excluding Bank Holidays)



Provide us with your details and
arrange your first appointment
with us



Talk with the Therapist and
agree the best way forward to
get the help you need.

*If you require this publication in a different
format or language please contact the
Equality and Diversity Department
on 024 7653 6802.*

Additional sources of help

Mental Health Matters - For confidential
emotional support and guidance.

24 hr helpline.....0800 616171

Age UK – Coventry.....024 7623 1999

– Warwickshire.....01926 458 100

Blue Cross Pet Bereavement...0800 096 6606

Carer helplines:

Coventry Carers Centre.....024 7663 2972

Guidepost Carer Support

Service Warwickshire.....0845 600 9980

Warwickshire Young Carers.....01926 485 486

Coventry & Warwickshire MIND

.....024 7655 2847

Cruse Bereavement Care.....0844 477 9400

Depression Alliance.....0845 123 2320

Gingerbread – Information and support for

single parent families.....0800 018 4318

No Panic – Free confidential helpline for

people suffering with anxiety...0800 138 8889

Samaritans.....08457 90 90 90

Women's Aid.....0808 200 0247

Useful websites

www.covwarkpt.nhs.uk/iapt - for information
about the service and also to download materials
to listen to or read – a really good starting point for
overcoming difficulties.

www.mentalhealthmatters.com

www.cwmind.org.uk

www.depressionalliance.org



June 2014
Review date: June 2015

UC57
v6



Improving Access to Psychological Therapy

A service for people who
are feeling stressed, anxious,
low in mood or depressed

**To book your initial
appointment call**

024 7667 1090

(Monday to Friday 9am - 4.30pm
(excluding Bank Holidays))

Is IAPT right for me?

Yes, if you experience any of the following:

- Depression and low mood
- Anxiety
- Panic attacks
- Stress
- Phobias

...and feel you are:

- ready to make changes in your life;
- wanting to build on your strengths and learn new coping skills;
- over 16 and registered with a GP in Coventry, Solihull or Warwickshire.

How will it help me?

- You will be able to talk about your concerns - this may be by telephone or in person.
- You will be listened to without prejudice.
- You will have an opportunity to talk through issues you feel are important, and how these can be addressed.

You will be offered a choice of help that may include the following:

- Psychological Education materials and courses.
- Computerised Cognitive Behaviour Therapy (CBT).
- Guided self-help - helping you manage your symptoms.
- Group or individual therapy.
- Books on prescription and recommended helpful reading.

We also provide:

Information about other local resources that might be helpful to you.

If we are not the right service for you, we will help you find other services that are better suited to your needs.

Your GP may have advised you to contact us.

To book your initial appointment call

024 7667 1090

Monday to Friday 9am - 4.30pm
(excluding Bank Holidays)

How soon will I get help?

We will take your details and, if IAPT is right for you, we will offer you an assessment to discuss what will be most helpful.

The first step will generally be a telephone appointment, so please let us know if this is a problem for you.

Your telephone appointment will be within 28 days of your first call to the service.

Your local service

Our staff work across locality teams based in Coventry, Rugby, Solihull, north and south Warwickshire. This means we can provide you with help close to where you live.

The service is run jointly by Coventry and Warwickshire Partnership NHS Trust and Coventry and Warwickshire MIND. All staff are trained in the use of psychological therapies.

We welcome your views

Please ensure you complete the Patient Experience Questionnaire given to you about your experience of using the IAPT service.

If you wish to feedback formally, please contact:

Patient Advice and Liaison Service (PALS)
Wayside House
Wilsons Lane
Coventry
CV6 6NY

Tel: 0800 212 445 or 024 7653 6804

Email: customerservices@covwarkpt.nhs.uk