

Improving Access to Psychological Therapies (IAPT) in North Yorkshire

It is known that one in four people will experience difficulties in their mental health at some point in their lives.

Significant events, or a build-up of stresses; such as work place problems, a change in life circumstances, a traumatic event or a specific phobia could lead to difficulties managing our mental wellbeing. Problems with low mood, depression and anxiety can develop and make it difficult for us to cope with life's daily demands.

If you, or someone you know, is experiencing any of the following:

- **depression**
- **anxiety and worry**
- **panic attacks**
- **health anxiety**
- **social phobia**
- **specific phobias**
- **post-traumatic stress disorder (PTSD)**
- **obsessive-compulsive disorder (OCD)**



The Improving Access to Psychological Therapies (IAPT) service in North Yorkshire could help.

What is IAPT?

IAPT is a national NHS programme to increase the availability of talking therapy treatments recommended by the National Institute for Health and Clinical Excellence (NICE) to treat anxiety and depression.

What can I expect?

To make sure IAPT is right for you, you will be offered a focused initial assessment over the phone, (alternative arrangements can be made if required). At the end of the assessment you will be directed to the most appropriate support for your needs. This might include guided self learning, attending a psychoeducational course, computerised guided self help, or in some cases cognitive behavioural therapy.

For further information visit www.tewv.nhs.uk/IAPTNYorks

How do I contact the services?

You can make a self-referral to the service by using your local contact details below.

Alternatively, you can make an appointment with your GP who will be able to discuss with you how you are feeling and if necessary refer you to the service or a suitable alternative.

Contacts

Northallerton

Gibraltar House, Thurston Road
Northallerton DL6 2NA
Tel. 01609 768890

Vulnerable veterans and adult dependants service

Innovate Building, Chartermark Way, Colburn Business Park
Catterick Garrison
DL9 4QJ
Tel. 01748 831964

Whitby

Whitby Hospital, Springhill, Whitby
YO21 1EE
Tel. 01947 899270

Visit www.tewv.nhs.uk/IAPTNYorks

Other helpful contacts include:

North Yorkshire Mental Health Helpline: 0333 0000 309

NHS Direct: Dial 111

Samaritans: 0845 790 9090

For mental health crisis advice visit www.tewv.nhs.uk/crisis



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