

Kirklees Improving Access to Psychological Therapies (IAPT) Service

Did you know?

Four out of ten people in the UK experience common psychological difficulties such as anxiety and depression.

IAPT provides a choice of services for people experiencing common mental health problems such as depression, stress, panic and obsessive compulsive disorder.

How the service can help

If you live in Kirklees and are 18 years of age or older the IAPT service can help you to address current problems, gain a new understanding of your difficulties, develop new ways of coping and make changes in your life.

What can I expect?

You will be offered an initial 15 minute screening over the telephone. The screening will help determine whether the IAPT service is suitable for you. Following the screening you will be advised of the options available to you.

What help is on offer?

The help available depends on each individual's circumstances. Some people may benefit from a shorter period of help and support. If this is the case, a Psychological Wellbeing Practitioner (PWP) will work with you over the phone or face to face. The type of support they provide may include:

- 6 - 8 sessions of guided self-help to help you manage your symptoms
- Advice and support for you to use computerised Cognitive Behavioural Therapy (CBT)
- An introduction for you to use other services that may help you
- Attendance once a week on a six week stress control course

Sometimes a greater level of help is required. Therefore you may be seen for a further assessment by a cognitive behavioural psychotherapist, who can help you to identify and change unhelpful thoughts and behaviours. They can offer around 12-15 sessions of one-to-one support or group-based therapy. Alternatively, you may benefit from seeing a counsellor, who can listen and help you to understand the problem then work with you to make changes, either to what is going on in your life, or changes within yourself.

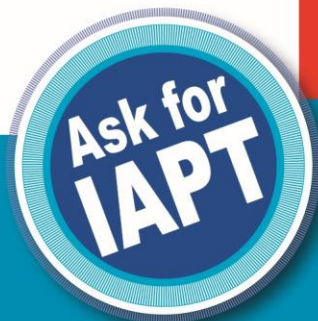
To refer yourself to the IAPT Service please call one of our

friendly administrators on: **01484 343700**

You can also visit our website for more information and to submit a referral form online. **www.askforiapt.co.uk**



With all of us in mind



These questionnaires will be used during your screening appointment. Please have them available when you are called.

PHQ9

Over the last 2 weeks, how often have you been bothered by any of the following problems?		Not at all	Several days	More than half the days	Nearly everyday
1	Little interest or pleasure in doing things	0	1	2	3
2	Feeling down, depressed, or hopeless	0	1	2	3
3	Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4	Feeling tired or having little energy	0	1	2	3
5	Poor appetite or overeating	0	1	2	3
6	Feeling bad about yourself - or that you are a failure or have let yourself or your family down	0	1	2	3
7	Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8	Moving or speaking so slowly that other people could have noticed? Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9	Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3
		PHQ9 total score			

GAD7

Over the last 2 weeks, how often have you been bothered by any of the following problems?		Not at all	Several days	More than half the days	Nearly everyday
1	Feeling nervous, anxious or on edge	0	1	2	3
2	Not being able to stop or control worrying	0	1	2	3
3	Worrying too much about different things	0	1	2	3
4	Trouble relaxing	0	1	2	3
5	Being so restless that it is hard to sit still	0	1	2	3
6	Becoming easily annoyed or irritable	0	1	2	3
7	Feeling afraid as if something awful might happen	0	1	2	3
		GAD7 total score			