

## 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 ..... 02476 632 972

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](http://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](http://www.mentalhealthmatters.com)

[www.cwmind.org.uk](http://www.cwmind.org.uk)

[www.depressionalliance.org](http://www.depressionalliance.org)



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# Improving Access to Psychological Therapy

(IAPT) A service for people who are feeling stressed, anxious, low in mood or depressed.



To book your initial appointment  
call **024 7667 1090**  
[www.covwarkpt.nhs.uk/iapt](http://www.covwarkpt.nhs.uk/iapt)

**iapt**

Improving Access to Psychological Therapies

## Is IAPT right for me?

Yes, if you experience any of the following:

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

...and 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, Rugby, 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.



## 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.

This 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 and 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.

Your GP may have advised you to contact us.

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(excluding Bank Holidays)

## We welcome your views

Please ensure that 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](mailto:customerservices@covwarkpt.nhs.uk)