

### Waiting time

Please expect there to be a waiting time between your referral and receiving treatment. The waiting time will depend on location, the treatment recommended and current demand for the service. You can ask at your assessment for our best estimate of waiting times.

### What do our patients say?

Here are some comments that we have recently received:

"I wouldn't be where I am without my therapist. She has been so supportive, patient and understanding."

"The group atmosphere was very helpful, to know that I'm not alone with my feelings."

"It really helped me process the accident and gave me confidence to resume normal life."

Data collected from patients in the last 12 months showed that over 97% of people were satisfied or very satisfied with their overall experience and with their therapist.

### How do I access therapy from the service?

You may wish to discuss your difficulties with your GP, who may refer you to the service. Alternatively, you may prefer to refer yourself directly.

### How can I refer myself?

We recommend referral in the first instance via the web page:

[www.cpft.nhs.uk](http://www.cpft.nhs.uk)

Alternatively, call our self-referral team on **0300 300 0055** and they will guide you through the process. The line is open 9am to 5pm, Monday to Friday.



### Partner Agencies

We have close relationships with a number of partner agencies working alongside the Psychological Wellbeing Service (IAPT), including:

- MIND
- Lawrence Way Counselling
- Group Therapy Centre
- Insight Healthcare
- Ieso Digital Health
- Richmond Fellowship
- Centre 33
- Big White Wall

### Emergency contact details

If you feel you are experiencing a mental health crisis and need access to immediate help, please call our **First Response Service on 111 and select option 2.**

Other sources of help include:

Your GP

Samaritans Telephone 116 123, or email [jo@samaritans.org](mailto:jo@samaritans.org)

SANE 0300 304 7000  
(open 6pm to 11pm)

Lifeline 08088 082121  
(open 7pm to 11pm)

Local hospital Accident & Emergency department

**For further information about the Psychological Wellbeing Service (IAPT) and for additional copies of this leaflet**  
Contact us at [selfreferIAPT@cpft.nhs.uk](mailto:selfreferIAPT@cpft.nhs.uk)

FOR MORE INFORMATION:

27<sup>th</sup> April 2017



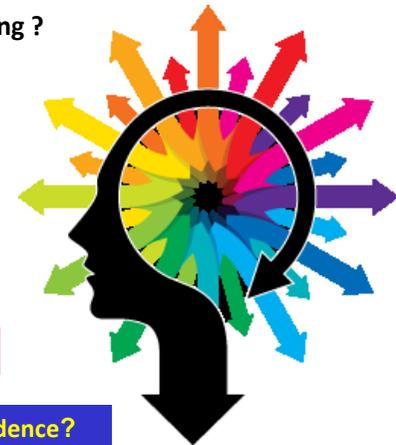
HQ Elizabeth House, Fulbourn Hospital, Cambridge CB21 5EF.  
T 01223 726789 F 01480 398501  
[www.cpft.nhs.uk](http://www.cpft.nhs.uk)

# Psychological Wellbeing Service

Improving Access to Psychological Therapies (IAPT)

How are you feeling ?

- Depressed?
- Stressed?
- Anxious?
- Worried?
- Low self-confidence?



The Psychological Wellbeing Service (IAPT) offers treatments across Cambridgeshire and Peterborough.

If you would like support, please discuss a referral with your GP. You may also refer yourself directly via the Internet (preferred option) at:

[www.cpft.nhs.uk](http://www.cpft.nhs.uk)

Telephone: 0300 300 0055



## Psychological Wellbeing Service (IAPT) for Cambridgeshire & Peterborough

The service offers short-term psychological treatments for common mental health difficulties such as depression, anxiety and stress. The main treatments we offer include:

### Guided Self-Help

This approach tends to suit people with mild to moderate depression and anxiety related problems.

### Cognitive Behavioural Therapy (CBT)

CBT is offered to people with moderate to severe difficulties. It can help with problems such as depression, panic, agoraphobia, social anxiety, health anxiety, perfectionism, Obsessive Compulsive Disorder (OCD) and Post-Traumatic Stress Disorder (PTSD). CBT is effective for problems such as low self-esteem and for a wide range of phobias.

CBT is also helpful for people struggling with their mood who may be suffering from a Long Term Condition such as diabetes, COPD, heart disease or fatigue.

### Other therapy approaches

Our teams offer a range of other therapies. The availability of these approaches may be more limited at some centres.

### CBT workshops and courses

There is growing evidence for the effectiveness of group-based CBT. Our service offers a range of workshops and courses from general introductory courses in CBT to more specific groups, depending on demand. Courses in Mindfulness are offered at some centres.

### On-line options

We offer a range of on-line treatment options that have high levels of effectiveness.

You will be able to talk about the range of options at your initial assessment and about what would be most suitable for your needs.

### What else do we offer?

- Interpretation services where required
- Signposting to counselling, to partner agencies and to other services to support other needs such as return to employment
- Face-to-face, telephone and online options

### How long are the sessions?

Sessions can vary from around 35 minutes to 1 hour, depending on the type of treatment offered. The total number of sessions depends on patients' needs, but we are a short term therapy service.

**CBT can help you to make sense of problems that overwhelm you.**



Illustrations are from *I had a black dog, his name was Depression* a video by Matthew Johnstone for the World Health Organisation. This short video is recommended viewing on YouTube.

### Who is the service for?

- People who are normally resident or who are registered with a GP in Cambridgeshire, Peterborough, Wansford and Oundle
- People aged over 17 years. We do not have an upper age limit.

### Is the service for everyone?

We try to be as inclusive as we can, but psychological therapy is not for everyone. Wanting to change and being ready to do something about it is important. Our service may not be right for you if :

- You have a history with mental health teams and a psychiatric diagnosis, such as serious mental illness or personality disorder
- You have a history of self harm or suicide attempts
- You have a history of abuse and if this is something that you particularly want to focus on in therapy.

In the above cases, we would recommend a discussion with your GP who will be able to support your referral and look at the best options.

### How much does it cost?

As an NHS service, the treatments that we offer are free of charge.

### Where will we see you?

Therapists with the Psychological Wellbeing Service (IAPT) work in consultation rooms, GP surgeries and community settings throughout the county. Teams are centred at Cambridge, Peterborough, Huntingdon and Fenland.

### What treatment will I receive?

The treatment that you will receive will be determined by your individual needs at the time of treatment. It will not be specified or chosen by external clinicians or agencies.