

Is English a second language?

Whilst sessions are conducted in English, we are developing a range of resources in key languages, including Arabic, and can work with patients using these materials.

If additional help with English is required, we can offer an assessment with an interpreter to help find the most suitable form of support for you.

Take the first step today...

- Speak to your doctor and ask for a referral to the Westminster IAPT Service
- Contact us yourself by phone: 030 3333 0000
- Send us an email: westminster.iapt@nhs.net
- Visit our website at: www.westminsterIAPT.org

iapt



Improving Access to Psychological Therapies

Please get in touch.
You're not alone.

At least 1 in 4 people experience a mental health issue at some time in their lives.

TALKING HELPS

To find out more about **FREE, confidential help in Westminster:**

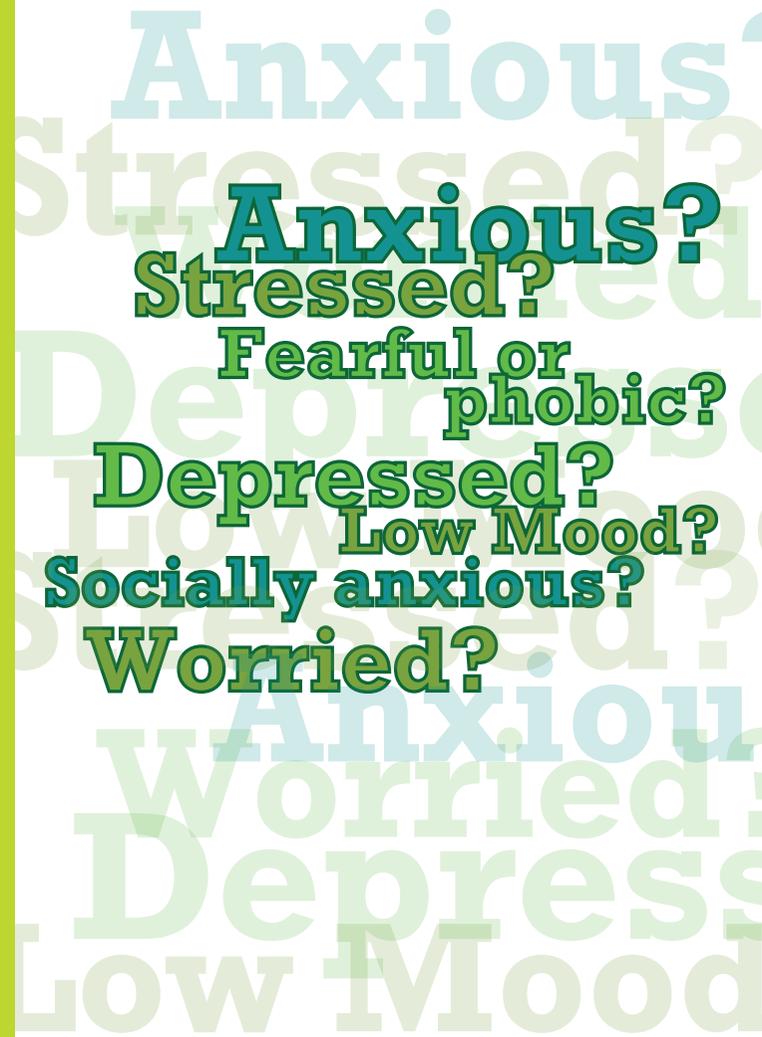
Phone us directly on **030 3333 0000**

Speak to your GP

Email westminster.iapt@nhs.net

Visit www.westminsterIAPT.org

Get in touch. Know your mind.



Take the first step

If you are finding it difficult to cope with feelings of anxiety or depression, we can offer quick and easy access to help and support.

There are times when everyone feels stressed or unhappy.

Generally, these bad times pass, but sometimes there are problems that do not go away and it gets harder and harder to cope. At some point in their life, one in every four people feels this way.

“When you’re in the depths of depression you think it’s never going to end”

What can you do if you are stressed, worried or depressed?

Talking about your problems really can help. The Westminster IAPT* Service can give you the time to talk. We can help you learn ways to help yourself so that you feel more able to cope with your problems.

“I’d advise anyone who’s feeling depressed or anxious to ask for help... the longer you leave it the worse it gets”

*IAPT stands for “Improving Access to Psychological Therapies”, a Department of Health programme to make talking therapy more widely available on the NHS.

What treatments are available?

We offer cognitive behavioural therapy (CBT) as our primary treatment approach, as it has strong research evidence and is recommended by the Department of Health.

Different people have different needs, and the treatment can be provided in a number of different ways:

Guided self-help

Guided self-help involves working through exercises and activities on your own, with some guidance from our workers. You will get practical support backed up by straightforward materials, learn to solve problems, and get on top of feelings of stress, anxiety, panic or depression.

Computer programmes

Interactive computer programmes have been specially designed to help people who suffer from low mood. You can work through the computer programmes with a worker or you can use the programmes at home on your own computer via the internet. The programmes are user-friendly and confidential and you don’t need to have used a computer before.

Mood management courses

We offer a range of different courses. You will learn new ways to manage your mood and build your self-confidence with support from the course leaders.

Books on prescription

Recommended self-help books have helpful approaches to managing stress, worry, low self-esteem, sleep problems and relationship troubles. You get a “prescription” which you take to the library to exchange for a book.

Individual therapy

We offer individual CBT for depression, anxiety, panic, phobias, obsessive-compulsive disorder (OCD), social anxiety, and post-traumatic stress disorder (PTSD). If you would like more information about the types of difficulties we can treat, please contact us using the contact details on the back.

Community links and resources

Stress and worry can leave you isolated. Our workers will advise you on what’s available if you want to get out more, share interests or get practical help. Westminster residents have a lot to choose from, for example activity classes, volunteering, further education and skills training, advice centres, community centres, arts projects, counselling services, and multi-cultural initiatives.

Employment support

Our partner organisation, Westminster Work Solutions, can help you to access a range of support if you are struggling to stay in work, or are unemployed due to mental ill health.

Where and when...

The Westminster IAPT Service has psychological wellbeing practitioners and therapists working in doctors’ surgeries and other local settings such as health centres, community centres and high street locations.

The service is confidential and we try to see everyone as soon as we can. However, if your problem is urgent you should consult your doctor in the first instance.