



SERVICE DESCRIPTION: Improving Access to Psychological Therapies (IAPT) Service

The Improving Access to Psychological Therapies (IAPT) service provides access to evidence based psychological therapies for people suffering from mild to moderate depression and anxiety or stress.

ADDRESS: St George's Community Health Centre, Winter Street, Sheffield S3 7ND

DIRECTORATE: Community Directorate

DATE: March 2015

1. ELIGIBILITY

The selection criteria for the above Service are applicable to:

- All adults irrespective of gender, age (18 years of age or over), ethnicity, sexuality, culture or physical abilities;
- Individuals suffering depression and/or anxiety and/or stress or an anxiety disorder, or living with a long term physical health condition that has a psychological impact;
- Individuals should be motivated and willing to engage in psychological therapies, including group work and group psycho-education;
- Individuals should be willing and able to attend appointments either a GP practice or other community venues.

2. THE REFERRAL PROCESS

Sheffield GPs can refer to the IAPT Service and can provide their patients with information about Stress Control and Health Living Workshops. GPs can also directly refer their patients to one of the computerised Cognitive Behaviour Therapy programme.

Individuals can self-refer to some IAPT Services on 0114 2264380. Self-referrers will be contact by a Psychological Wellbeing Practitioner who will make an assessment over the telephone and discuss what treatments are available. This could be accessing Stress Control, one of the computerised Cognitive Behaviour Therapy programmes, receiving treatment over the telephone or coming into the city centre office to see one of the team.

3. GEOGRAPHICAL POPULATION COVERED

- The registered populations of NHS Sheffield Clinical Commissioning Group;
- People without settled accommodation who are resident in Sheffield;
- People who work in Sheffield.