

Experiencing depression, anxiety or phobias?

The Improving Access to Psychological Therapies (IAPT) service in York and Selby could help you with:

- **depression**
- **anxiety and worry**
- **panic attacks**
- **health anxiety**
- **social phobia**
- **specific phobias**
- **post-traumatic stress disorder (PTSD)**
- **obsessive-compulsive disorder (OCD)**



Visit www.yorkandselbyiapt.co.uk for further information

You can also refer yourself to the local service by using the contact details below or via our website above:

York and Selby Improving Access to Psychological Therapies (IAPT)
Huntington House
Jockey Lane
Huntington
York
YO32 9XW

Tel: 01904 556840

**Alternatively, you can speak with your GP,
who may make a referral for you.**

For mental health crisis advice visit www.tewv.nhs.uk/crisis



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