

# Improving Access to Psychological Therapies (IAPT) York and Selby

It is known that one in four people will experience difficulties in their mental health at some point in their lives.

Significant events, or a build-up of stresses; such as work place problems, a change in life circumstances, a traumatic event or a specific phobia could lead to difficulties managing our mental wellbeing. Problems with low mood, depression and anxiety can develop and make it difficult for us to cope with life's daily demands.

**If you, or someone you know, is experiencing any of the following:**

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



**The Improving Access to Psychological Therapies (IAPT) service in York and Selby could help.**

## **What is IAPT?**

IAPT is a national NHS programme to increase the availability of talking therapy treatments recommended by the National Institute for Health and Clinical Excellence (NICE) to treat anxiety and depression.

## What can I expect?

To make sure IAPT is right for you, you will be offered a focused initial assessment over the phone (alternative arrangements can be made if required). At the end of the assessment you will be directed to the most appropriate support for your needs. This might include guided self learning, attending a psychoeducational course, computerised guided self-help, or in some cases cognitive behavioural therapy.

## How do I contact the service?

You can make a self-referral to the service by using your local contact details below or by visiting [www.yorkandselbyiapt.co.uk](http://www.yorkandselbyiapt.co.uk). Alternatively, you can make an appointment with your GP who will be able to discuss with you how you are feeling and if necessary refer you to the service or a suitable alternative.

## Contacts

### York and Selby Improving Access to Psychological Therapies (IAPT)

Huntington House  
Jockey Lane  
Huntington  
York  
YO32 9XW  
Tel: 01904 556840

[www.yorkandselbyiapt.co.uk](http://www.yorkandselbyiapt.co.uk)

**Other helpful contacts include:** NHS Direct: Dial 111

Samaritans: 0845 790 9090

**For mental health crisis advice visit [www.tevv.nhs.uk/crisis](http://www.tevv.nhs.uk/crisis)**



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