

We've got your back...

When you need to get back on track.



Self-refer online

Improving access to psychological therapies (IAPT) in York and Selby offer talking therapies and self-help for anxiety and low mood.

www.yorkandselbyiapt.co.uk

or tel. 01904 556840

What is IAPT?

The York and Selby improving access to psychological therapies (IAPT) service offer psychological treatments for stress, anxiety and depression.

Who is it for?

Those aged 16 years and over, who are registered with a GP in the Vale of York CCG can self-refer for support. IAPT is suitable for those who are experiencing mild to moderate depression or anxiety disorders and who are not already receiving NHS mental health services.

Contact

Address: Huntington House, Jockey Lane, York, YO32 9XW.

Tel: 01904 556820

Service opening hours: Monday - Friday, 9am - 5pm

Web: www.yorkandselbyiapt.co.uk

Other support

NHS Direct: Dial 111

Samaritans: 0845 790 9090

We are working hard to follow government and NHS guidelines to stop the spread of COVID-19. This means we are unable to offer face-to-face appointments at the moment. We are still offering a range of therapies online, over the phone and using video consultations.

Advice on what to do in a crisis is available at www.tewv.nhs.uk/crisisadvice