

Improving access to psychological therapies (IAPT)

York and Selby

Community mental health service for adults and older people in York and Selby.

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Address:	Huntington House Jockey Lane, Huntington, York YO32 9XW.
Telephone:	01904 556820
Service opening hours:	Monday – Friday, 9am – 5pm (Some appointments are available outside these hours).
Website:	www.yorkandselbyiapt.co.uk

What is IAPT?

The York and Selby improving access to psychological therapies (IAPT) service offer psychological treatments for stress, anxiety and depression to anyone under the care of a GP in the Vale of York area.

Who is IAPT suitable for?

IAPT is suitable for people:

- aged 16 years and over
- who are registered with a GP in the Vale of York CCG
- and who are experiencing mild to moderate depression or anxiety disorders
- who are not already receiving NHS mental health services.

IAPT is not suitable for people who need urgent care or who are in a crisis. Information on what to do in an urgent or crisis situation is available later in this document.

How do I get help from IAPT?

You can contact us directly to discuss a self-referral:

Tel. 01904 556840. Alternatively you can make an appointment with your GP to discuss your concerns. If appropriate, your GP can refer you to the IAPT service.

What happens when I self-refer / am referred by my GP to IAPT?

You will be offered a 20-30 minute initial assessment, typically over the phone, to discuss your current difficulties and from there consider options that are most suitable for your needs.

If IAPT is **not** the most suitable service for you, we may signpost you to other services or organisations.

The treatment you are offered will depend on your individual needs. We typically find most people can be offered a “low intensity” treatment. This could be attending a six week wellbeing course where you will be given information and skills to help you understand your difficulties and make changes to overcome them. You are not expected to speak about yourself in front of others at the course, but you are more than welcome to ask questions.

If you are unable to attend a course, computerised cognitive behavioural therapy (cCBT) may be offered. This is an online course where you work through one module a week for around six weeks. A practitioner will monitor your progress and offer a review(s). If appropriate, other treatments may be offered.

Where are appointments held?

Appointments are held across the York and Selby area including:

- Huntington House, York
- Selby War Memorial Hospital
- some community venues e.g. children’s centres
- some GPs/health centres.

Getting help in a crisis

IAPT is not a crisis or urgent response service; please contact your GP if you feel that you need help in a crisis / urgent response situation.

The following resources may also be helpful:

- NHS Direct: Tel.111
- Samaritans: Tel. 0845 790 9090

Advice on what to do in a crisis can also be found on our website:

www.tewv.nhs.uk/crisis.



Feedback

What do you think this leaflet – is the information useful, is there anything missing or anything you didn't understand? Please let your care team know.

Do you have concerns or complaints?

If you have concerns or complaints about a service, please tell a member of staff. You can also call our patient advice and liaison service (PALS) on Freephone 0800 052 0219 or email tewv.pals@nhs.net.

Information in other languages and formats

We want to make sure you can read and understand the information we provide to you. If you would like this leaflet in another language, large print, audio or Braille, please ask a member of staff.

Find this information

Staff: T:\Patient and Carer Information\York and Selby\AMH

Service users and carers:

<https://www.tewv.nhs.uk/services/improving-access-to-psychological-therapies-iapt-york-and-selby/>