

What happens next...

Call 024 7667 1090

Monday to Friday 9am to 4.30pm
(excluding Bank Holidays)



Provide us with your details
and arrange your first appointment
with us



Talk with the Therapist
and agree the best way forward
to get the help you need.

If you require this publication
in a different format or language,
please visit our website:

www.covwarkpt.nhs.uk/adult-information-leaflets

Your GP may have advised
you to contact us.

To book your initial
appointment call

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(excluding Bank Holidays)

We welcome your views

Please ensure that you complete the Patient Experience Questionnaire given to you about your experience of using the IAPT service.

**If you wish to feedback formally,
please contact:**

Patient Advice and Liaison Service (PALS)
Wayside House
Wilsons Lane
Coventry
CV6 6NY

Tel: 0800 212 445 or 024 7653 6804

Email: pals.complaints@covwarkpt.nhs.uk



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Solihull IAPT Service



Coventry and
Warwickshire Partnership
NHS Trust

Improving Access to Psychological Therapy

(IAPT) A service for people who are
feeling stressed, anxious, low in
mood or depressed.



To book your initial appointment
call **024 7667 1090**
www.covwarkpt.nhs.uk/iapt

iapt

Improving Access to Psychological Therapies


Coventry and
Warwickshire

Who does IAPT support?

Anyone who is over 16 and registered with a GP in Solihull, Coventry or Warwickshire, who may be experiencing:

- Stress
- Low mood
- Anxiety
- OCD
- Panic
- Phobias

Or

- Dealing with a difficult life event
- Living with a long term health condition

How can IAPT help me?

- You will be able to talk about your concerns; this may be by telephone or in person
- You will be listened to without prejudice
- You will learn skills and strategies to help you make positive changes in your life

The treatment you are offered may include the following:

- Psychological Education materials and courses
- Guided self-help, helping you manage your symptoms of anxiety, low mood or stress
- Individual Cognitive Behavioural Therapy (CBT) – face to face, or via telephone or Skype
- Counselling
- Books on prescription and recommended helpful reading



How soon will I get help?

We will take your details and if IAPT is right for you, we will offer you an assessment to discuss what will be most helpful.

This first step will generally be a telephone appointment, so please let us know if this is a problem for you.

Your telephone appointment will be within 28 days of your first call to the service.

Your local service

Our staff work across the Solihull borough. This means we can provide you with help close to where you live.

The service is run jointly by Coventry and Warwickshire Partnership NHS Trust and Coventry and Warwickshire Mind. All staff are trained in the use of psychological therapies.

Additional sources of help

Age UK Solihull
0121 704 7840

Blue Cross Pet Bereavement
0800 096 6606

Solihull Carers
0121 788 1143

Solihull Mind
0121 742 4941

Cruse Bereavement Care

For those living or working in Birmingham
0121 687 8010

Solihull Bereavement Care

For those living or working in Solihull
0121 424 5103

Gingerbread

Information and support for
single parent families

0808 802 0925

Samaritans
116123

Women's Aid

National **0808 200 0247**
Birmingham and Solihull **0808 800 0028**

Useful websites

www.covwarkpt.nhs.uk/iapt

www.samaritans.org

www.cwmind.org.uk