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 Monday to Friday 9am to 4.30pm (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
Wilson Lane
Coventry
CV6 6NY

Tel: 0800 212 445 or 024 7653 6804
Email: pals.complaints@covwarkpt.nhs.uk

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
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.