

## What if I get worse?

At some point in our lives, we may experience dark thoughts of wishing we were dead or hurting ourselves in some way.

If you find yourself having these thoughts:

### Let us know

Next time you see your Therapist let them know. These thoughts can be difficult to manage and we have knowledge to support you with these.

### Tell a friend, family member

Or someone you trust or feel that you can open up to. Support from these people can be invaluable.

### Tell your GP

They have access to all kinds of support services which you might find helpful.

### Talk to the Samaritans (116 123)

This is a 24-hour listening service where you can talk in confidence.



## What if I think I may act on these thoughts?

IAPT is not an emergency service so if you feel you are deteriorating or having thoughts of suicide it's important you keep yourself safe and get some help.

In the first instance contact your GP and ask for an urgent appointment.

### If your GP is closed you can...

Call your GP Out of Hours Service.

Call Mental Health Matters –

0800 616171 (24 hrs)

0300 330 5487 (from mobile) or

0778 620 2242 (SMS)

Call SPE (Single Point of Entry) –

0300 200 0011

Call NHS Direct – 111

Go to your nearest A&E department

or dial 999 if you have tried the above options and still feel that you need support.



Coventry and  
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# Welcome to the IAPT Service



## Client Information



Improving Access to Psychological Therapies



Thank you for your patience in waiting for your first appointment with the IAPT Service. We understand how important it is for you to be seen in a timely manner, and for this reason we are always trying to find ways of reducing our waiting times and you can help us with this.

## Finding time for you

Starting psychological therapy involves you making a big commitment. This means attending your weekly/fortnightly sessions at the time and date you have agreed.

The Cognitive Behavioural Therapy approach also involves setting further time aside each week between sessions, to focus on your own needs and to work towards the changes you want to make.

It may be helpful to record your therapy session details below:



Your Therapist	
Contact No.	
Venue	
Day and Time	

## What will IAPT treatment involve?



Individual sessions are typically around 30 to 50 minutes and can be face to face or over the telephone dependant on the type of treatment that you require. The number of sessions will be discussed and agreed with your therapist.

Group sessions will usually last for 2 hours over a 6-8 week period.

Attending sessions on a regular basis means that you will get the maximum benefit from your therapy. It also helps our service to continue to run efficiently so we can see more people, in a more timely way.

In therapy we will work alongside you to develop a shared understanding of your difficulties and to help you identify the changes you want to make. We will then work hard alongside you to help you achieve these changes

If you choose CBT and this is suitable to meet your needs there will be tasks throughout the therapy which will be tailored to you and your treatment.

## A shared commitment

We ask you to commit to your therapy and to avoid cancelling sessions whenever possible. If something arises that means you cannot attend, we would ask you to give us at least 48 hours' notice if possible.

It is very unusual for people to miss appointments without cancelling or letting us know. If you were to miss more than two appointments, then the practitioner you are seeing will contact you to discuss whether this is the right time for you to continue with your therapy, and talk about the options available to you.

If you have any concerns about how your therapy is progressing then please speak to the practitioner and they will do their best to resolve things for you.

In the IAPT service we have found that by making a shared commitment, everyone benefits. In recent months we have been able to significantly reduce the time people are kept waiting for therapy.

With your help we can continue to improve.

