If you require this publication in a different format or language, please visit our website: www.covwarkpt.nhs.uk/adult-information-leaflets

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.

Your GP may have advised you to contact us.
To book your initial appointment call 024 7667 1090
Monday to Friday, 9am to 4.30pm (excluding Bank Holidays)

We welcome referrals from other Professionals
Referrals should be discussed with the duty Clinician by contacting IAPT on 024 7667 1090. After this discussion, referrals should be sent to:
E-mail: cwpt-tr.iapt@covwarkpt.nhs.uk
Fax: 024 7671 4372

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

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

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 in Birmingham) ....................... 0121 687 8010
Solihull Bereavement Care – (for those living or working in Solihull) ............... 0121 424 5103
Gingerbread – Information and Samaritans.................................... 116123
Women's Aid.................................. 0808 200 0247

Useful websites
www.covwarkpt.nhs.uk/iapt
www.mentalhealthmatters.com
www.cwmind.org.uk
Sane Line ....................................... 0800 138 8889
Support for single parent families ...... 0808 802 0925

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Who does IAPT support?
Anyone who is over 16 and registered with a GP in Coventry, Rugby 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 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.

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

Your local service
Our staff work across locality teams based in Coventry, Rugby and Warwickshire. 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
Coventry & Warwickshire Mind
024 7655 2847

For 24 hour confidential emotional support and guidance, contact:
Samaritans
116123
Mental Health Matters
0800 616171
(free from a mobile) 0300 330 5487
Webchat 24/7

IAPT does provide support for Carers, but additional support is available at:
Coventry Carers Trust and Young Carers
024 7610 1040 option 3
Warwickshire Carer Wellbeing Service Carers Trust
024 7610 1040 option 4
Warwickshire Young Carers
024 7621 7740

Useful websites
www.covwarkpt.nhs.uk/iapt
www.mentalhealthmatters.com
www.cwmind.org.uk
www.ageuk.org.uk