

## 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:  
[covwarkpt.nhs.uk/adult-information-leaflets](http://covwarkpt.nhs.uk/adult-information-leaflets)

## Additional sources of help

**Mental Health Matters** for confidential emotional support and guidance 24 hr helpline.... 0800 616171

Age UK Coventry..... 024 7623 1999  
Warwickshire..... 01926 458 100

Blue Cross Pet Bereavement..... 0800 096 6606

### Carer helplines:

Carers Trust Coventry ..... 024 7663 2972

### Guidepost Carer Support

Service Warwickshire ..... 024 768 5888

Warwickshire Young Carers ..... 024 7621 7740

Coventry & Warwickshire MIND.... 024 7655 2847

Cruse Bereavement Care..... 0808 808 1677

### Gingerbread – Information and support for single parent families.....

0808 802 0925

Sane Line ..... 0800 138 8889

Samaritans ..... 116123

Women's Aid ..... 0808 200 0247

Mental Health Matters ..... Webchat 24/7

### Useful websites

[www.covwarkpt.nhs.uk/iapt](http://www.covwarkpt.nhs.uk/iapt)

[www.mentalhealthmatters.com](http://www.mentalhealthmatters.com)

[www.cwmind.org.uk](http://www.cwmind.org.uk)



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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](http://www.covwarkpt.nhs.uk/iapt)

iapt

Improving Access to Psychological Therapies



## Is IAPT right for me?

Yes, if you experience any of the following:

- Depression and low mood
- Panic attacks
- Phobias
- Anxiety
- Stress

...and you are:

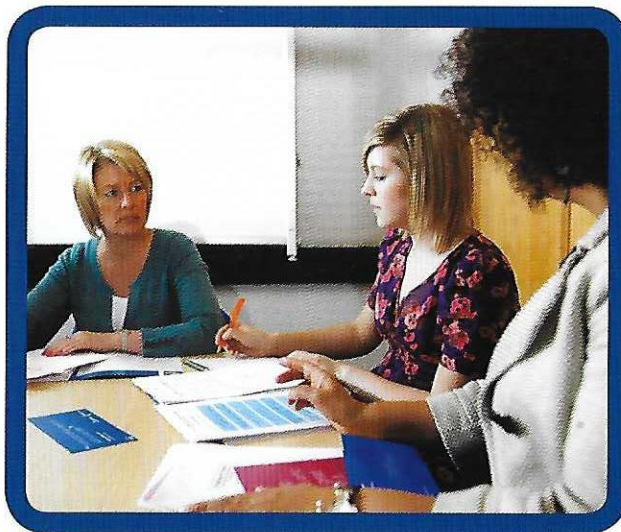
- Ready to make changes in your life;
- Wanting to build on your strengths and learn new coping skills;
- Over 16 and registered with a GP in Coventry, Rugby, Solihull or Warwickshire.

## How will it 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 have an opportunity to talk through issues you feel are important, and how these can be addressed.

## You will be offered a choice of help that may include the following:

- Psychological Education materials and courses.
- Computerised Cognitive Behaviour Therapy (cCBT).
- Guided self-help, helping you manage your symptoms.
- Group or individual therapy.
- 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 locality teams based in Coventry, Rugby, Solihull 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.

Your GP may have advised you to contact us.

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**024 7667 1090**

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9am to 4.30pm

(excluding Bank Holidays)

## We welcome your views

Please ensure that you complete the Patient Experience Questionnaire given to you at the end of 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](mailto:pals.complaints@covwarkpt.nhs.uk)