

Here's a typical story of how we have helped.

"I'm married with two children and I'm a school secretary. I've always been a healthy person, but a while back I started to feel really stressed, particularly as I might be made redundant.



I was feeling really low when I woke up, and it was a struggle to get out of bed. Some days I felt fine but the bad days became more frequent and impacted on my work and my family. It came to a head when I burst into tears at work; but my boss was lovely and advised that I see my GP.

My GP explained how anxiety could make me feel so low and referred me to the IAPT service. They helped me access a self-help programme and stayed in touch with me once a week. By the end of the programme, I understood why I had been feeling the way I did. I had learnt some really useful ways of coping for the future and felt more in control of my life."

Read more stories of how we can help on our website, www.askforIAPT.co.uk

How to access the IAPT service

Just speak to your GP and ask for IAPT; they'll put you in touch with us. We will then work with you to explore the problems you are facing and identify how best to deal with them.

Your feedback is welcome

We invite you to share any comments, compliments, concerns or complaints you have about the Trust.

Please speak to a member of staff or contact our customer services team on 0800 587 2108 who can also provide help in understanding this information.

Confidentiality

We believe in respecting and maintaining your confidentiality. We will not share personal information about you unless we have your permission or if the health, safety or welfare of yourself or someone else is at serious risk.

www.askforIAPT.co.uk



Scan the code if you have a SmartPhone

Kirklees IAPT service

"I'm really anxious"

"I just can't shake off my low mood"

"I'm very stressed"

"I can't switch off and get to sleep"

"I'm nervous"

"I'm so unhappy"



There are times when everyone can feel like this. Generally, these feelings pass quickly but sometimes it gets harder and harder to cope. In fact, one in every four people feels this way.

In Kirklees, we're **Improving Access to Psychological Therapies**, this is known as **IAPT** and gives you quick and easy access to help and support. Read on to find out more.



With all of us in mind

Many people experience problems with their psychological (mental) wellbeing at some point in their lives.

Life changing events like losing a job, an accident, the loss of a loved one, a traumatic incident or even just moving house can lead to feelings that can be hard to cope with. Sometimes, there may be no event that has triggered how you are feeling - this is common too.

Problems are easily developed. Problems like mild depression, anxiety, stress, panicking, nervousness, isolation and loss of sleep make it difficult for us to cope with life's daily demands.

"You have changed my life."

1 in 4 of us will feel like this, but you do not need to try and cope on your own. If you live in Kirklees and are over the age of 18, the IAPT service can help.

What is IAPT?

IAPT stands for Improving Access to Psychological Therapies; helping people get quick and easy access to the best type of therapy for their individual needs.

How can IAPT help?

We have a team of qualified and experienced professionals specially chosen to work alongside your local GP. We can help you:

- Address current problems
- Gain a new understanding of your difficulties and develop new ways of coping
- Make changes in your life
- Talk about your difficulties in a non-judgemental and supportive environment.

"Now I look forward to many things that before I just dreaded."

How can I access the IAPT service?

Just speak to your GP; they'll put you in touch with us. We will then work with you to explore the problems you are facing and identify how best to deal with them.

"I cannot praise the service enough for their patience and understanding. They have not only taught valuable lessons but have listened intently."

What can you expect?

You will be offered an initial thirty minute assessment. This may be carried out over the phone or in a GP surgery. We also have clinics in centres around Kirklees. The assessment takes place with one of our friendly staff and it is entirely confidential. It just asks you some questions about how you are feeling; this will help determine whether the IAPT service can help you.

"I have benefited a great deal from the sessions and feel that it has resolved some fundamental issues that had dominated a large proportion of my life."

What is involved in short term help?

If, after discussion with you, we think you could benefit from a short period of help and support, you will work with one of our specially trained staff, known as a Psychological Wellbeing Practitioner.

They are trained to help you manage your way to feeling better about your problems. You can work with them over the telephone and on occasions face to face. They will:

- Provide 6 - 8 sessions of guided self help, helping you to manage your symptoms

- Support you to use a computer-based therapy programme such as 'Beating the Blues'
- Suggest other services which may help you
- Introduce self help materials including written information and websites
- Help you access a six week stress control course, teaching you how to better manage stress and anxiety
- Support you to engage in regular physical activity which is known to improve psychological wellbeing.

"Valuable life skills have been learned. Each week that passed I got stronger and stronger."

What is involved in longer term help?

Sometimes a greater level of support is needed. So you may have a further assessment with a different staff member - a Cognitive Behavioural Therapist or a Counsellor. They can:

- Help you to identify and understand your difficulties in terms of the relationship between thoughts, feelings and behaviour, to enable you to bring about change
- Offer you between 6 - 16 face to face or group sessions lasting about an hour
- Introduce you to additional services.

How do I know if I need short or long-term help?

We will work with you and together decide what help and support you may need. Everyone is different so we offer different levels of support so that you get the best results - helping you to help yourself.

"They cared and supported in a remarkably professional and compassionate manner throughout."

The quotes in this leaflet are comments from local people who have been helped by the service