

# Improving Access to Psychological Therapies (IAPT) in North Yorkshire

It is known that one in four people will experience difficulties in their mental health at some point in their lives.

Significant events, or a build-up of stresses; such as work place problems, a change in life circumstances, a traumatic event or a specific phobia could lead to difficulties managing our mental wellbeing. Problems with low mood, depression and anxiety can develop and make it difficult for us to cope with life's daily demands.

**If you, or someone you know, is experiencing any of the following:**

- **depression**
- **anxiety and worry**
- **panic attacks**
- **health anxiety**
- **social phobia**
- **specific phobias**
- **post-traumatic stress disorder (PTSD)**
- **obsessive-compulsive disorder (OCD)**



**The Improving Access to Psychological Therapies (IAPT) service in North Yorkshire could help.**

## **What is IAPT?**

IAPT is a national NHS programme to increase the availability of talking therapy treatments recommended by the National Institute for Health and Clinical Excellence (NICE) to treat anxiety and depression.

## What can I expect?

To make sure IAPT is right for you, you will be offered a focused initial assessment over the phone, (alternative arrangements can be made if required). At the end of the assessment you will be directed to the most appropriate support for your needs. This might include guided self learning, attending a psychoeducational course, computerised guided self-help, or in some cases cognitive behavioural therapy.

## How do I contact the services?

You can make a self-referral to the service by using your local contact details below or by visiting [www.northyorkshireiapt.co.uk](http://www.northyorkshireiapt.co.uk). Alternatively, you can make an appointment with your GP who will be able to discuss with you how you are feeling and if necessary refer you to the service or a suitable alternative.

## Contacts

### Northallerton

Gibraltar House, Thurston Road  
Northallerton DL6 2NA  
Tel. 01609 768890

### Harrogate

Valley Gardens Resource Centre  
Windsor House, Cornwall Road  
Harrogate  
HG1 2PW  
Tel. 01423 852137

### Whitby

Whitby Hospital, Springhill, Whitby  
YO21 1EE  
Tel. 01947 899270

### Vulnerable veterans and adult dependants service

Innovate Building, Chartermark Way,  
Colburn Business Park  
Catterick Garrison  
DL9 4QJ  
Tel. 01748 831964

[www.northyorkshireiapt.co.uk](http://www.northyorkshireiapt.co.uk)

### Other helpful contacts include:

North Yorkshire Mental Health  
Helpline: 0333 0000 309

NHS Direct: Dial 111

Samaritans: 0845 790 9090

**For mental health crisis advice visit [www.tewv.nhs.uk/crisis](http://www.tewv.nhs.uk/crisis)**



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