



Patient information: IAPT mental health services

This information sheet provides details of the Improving Access to Psychological Therapies (IAPT) services available in Coventry and Warwickshire

IAPT services are for people with mild, moderate and moderate to severe, symptoms of anxiety or depression, living in Coventry and Warwickshire.

What does IAPT stand for and what does the service offer?

IAPT stands for Improving Access to Psychological Therapy and is an NHS service designed to offer short-term psychological therapies (CBT) to people suffering from anxiety, depression and stress. IAPT may also work with people who suffer from panic disorder, simple phobia, OCD or PTSD.

What is CBT?

CBT stands for 'cognitive behavioural therapy' and is a psychological treatment for both anxiety and depression and there is evidence that it is effective. It is a practical and approach that provides coping strategies. CBT helps people to see how their thoughts affect how they feel and how they behave.

How to get an appointment:

Appointments are made by calling **02476 671090**

How long does it take to get an appointment?

The service aims to offer everyone an initial assessment (usually in the form of a telephone assessment) within 14-28 days of you calling the service. Any contact with the service following this will be influenced by the outcome of the assessment call.

Useful contacts:

Coventry and Warwickshire Mind	024 7655 2847
Mental Health Matters - 24 hour helpline	0800 616171
Blue Cross Pet Bereavement	0800 096 6606
Carers Helpline - Warwickshire/Coventry	01926 485486/024 7663 2972
Cruse Bereavement care	0844 477 9400
Debtline	0800 731 7973
Woman's Aid	0808 200 0247
No Panic	0808 808 0545
Substance Misuse Service - 24 hour helpline	01926 410281
Samaritans	116123