

MEDIA RELEASE

27 November 2018

People experiencing anxiety and depression encouraged to contact local service

North Yorkshire residents experiencing mental health difficulties are being encouraged to refer themselves to a NHS talking therapy service.

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.

The North Yorkshire Improving Access to Psychological Therapies service, known as IAPT, can support people experiencing mild to moderate difficulties with 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)

Dr Charles Parker, Clinical Chair of NHS Hambleton, Richmondshire and Whitby Clinical Commissioning Group (HRW CCG) which buys the service for the local area said: "We know that the winter and festive period is particularly challenging for people who experience mental health difficulties; especially those who live in our most isolated areas.

"If you, or someone you care for start to feel the need for mental health support, you can contact the IAPT service directly which means you don't have to see your GP first. We also have a service specifically for vulnerable veterans and adult dependants due to our large serving and retired personnel populations.

"We also think it's important for patients to know that the IAPT service is not a crisis or urgent response service for people who are severely unwell. You should always dial 999 in a medical emergency, call NHS 111 for any urgent concerns or ring your local GP practice if you feel IAPT is not for you. You can visit

www.tewv.nhs.uk/IAPTNYorks to find contact details for your local crisis support team.”

Andrew Wright, North Yorkshire IAPT Service Manager, Tees, Esk and Wear Valleys NHS Foundation Trust said: “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.

“If you would prefer to discuss things with your GP first, please make an appointment. Your GP can also help you refer to IAPT, or to a suitable alternative.”

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.

More information can be found on this website: www.tewv.nhs.uk/IAPTNYorks

ENDS

For enquiries contact HRW CCG Communications and Engagement on 01609 767621

Notes

Local IAPT service contact details for patient self-referrals:

Northallerton

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

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

NHS England video: https://www.youtube.com/watch?time_continue=1&v=GBQTyAQdNpQ