We can offer...

- One to one treatment (by telephone or face to face).
- Guided Self-Help
- Group Workshops
- Cognitive Behavioural Therapy (CBT)
- Computerised CBT
- CBT-i for Insomnia
- Interpersonal Therapy (IPT)
- Couples Therapy for Depression
- Counselling for Depression
- Lifestyle Support & Medication Advice
- Employment Support
- Signposting to other services

What our patients say...

"I found the service ideal, the therapeutic nature of the worker and CBT strategies really helped me. I can now manage myself and my anxieties much better and was very fortunate to get such a good therapist."

> "I'm grateful that I had someone on the end of the phone, you've been a lifeline. It's been better than I ever imagined."

"I am back to work now, I feel much better and got rid of my bad thoughts. You have put my mind at ease! I am so happy with the treatment. Thank you."



A psychological therapy service

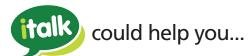
023 8038 3920 www.italk.org.uk

italk is the Improving Access to Psychological Therapies (IAPT) service provided in partnership between Solent Mind and Southern Health NHS Foundation Trust.





Depressed? Anxious? Feeling stressed?





FREE guided self-help and talking therapies for people with common mental health problems



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We can help anyone aged 16 or over who is registered with a GP in Basingstoke, Petersfield, Bordon, Eastleigh, Fareham, Gosport, Havant, the New Forest, Romsey, Andover and Winchester localities and is experiencing common mental health problems.

What common mental health problems do you work with?

At any time one in four people in this country will be experiencing common mental health problems, meaning you or someone you know is likely to be feeling this way right now.

Our Practitioners are experienced in treating people with the following diagnoses:

- Generalised Anxiety Disorder
- Depression
- Post Traumatic Stress Disorder (PTSD)
- Obsessive Compulsive Disorder (OCD)
- Phobias
- Panic
- Health Anxiety
- Social Anxiety
- Agoraphobia



A psychological therapy service



What should I expect?

You can refer yourself to us by phone or online, however, if you need extra support talk to your GP about referring you.



Self Refer

GP Referral



Book an appointment

One of our experienced team will book you in for an initial assessment. We know calling us can be a big step for many people but our team are experienced at helping you. Our phone line can be busy at times so if you don't get through please leave us a message and we will return your call.



Initial assessment

Your initial assessment will usually be over the telephone, unless there is a specific reason why you may need a face to face appointment. Telephone assessments are proven to be just as effective as face to face, and it provides added convenience and saves the hassle of travelling. Your initial assessment will take approximately 45 minutes.



Treatment options

Once you've been assessed our practitioners will look at the most effective options for you and discuss a plan for your recovery. We will write to you and copy in your GP to provide a summary of your assessment to keep them informed.



Low Intensity – Step 2

If the problems you are experiencing are mild to moderate you will be treated by our Low Intensity Therapists. There are a range of treatments available depending on your individual needs. These sessions are either 1-2-1 or group therapy. 1-2-1 sessions are usually conducted over the telephone and last up to 6 sessions.



If you are experiencing PTSD, OCD, or more severe anxiety, depression or social anxiety disorder it's likely that you will be seen by one of our High Intensity Practitioners. These sessions are face to face and we follow the NICE guidelines for the recommended number of sessions.



For treatment to be successful you need to be motivated to want to get better and be prepared to put the work in outside of the sessions as guided by your practitioner. At each appointment we will ask you to complete some questionnaires to help us monitor your progress.



End of treatment

At the end of their treatment sessions, people tell us they feel much better. At this point, we will discharge you and write to you and copy your GP to give them an update on your treatment. However, if you still need some more support we will review treatment and look at alternative options for you.