

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.



Southern Health 
NHS Foundation Trust

SR-V2

Depressed? Anxious? Feeling stressed?

 could help you...



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



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Who does help?

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



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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.

