

# How to refer yourself

You can refer yourself to our service on our website or by phone.

Your referral will take around 10 minutes. We'll take some details like your address and ask about your symptoms.

After referring, your options may include:

- Start using SilverCloud
- Join a Managing Moods group
- Arrange your initial assessment

We can accept patients who are:

- Age 16 or over
- Registered with a GP in the areas of Hampshire shown in green
- Not diagnosed with a severe or complex mental health condition



## Contact Us

Website: [www.italk.org.uk](http://www.italk.org.uk)

Phone: 023 8038 3920

Email: [info@italk.org.uk](mailto:info@italk.org.uk)



Your local talking therapy service

*Feel like you again*

To illustrate our leaflets, we asked our community to share photos of places that mean something to their recovery journey.

Front: "This was taken at the Kings Gate fields in Winchester. After battling mental health for years, I've found that walking has been my saving grace and I often go here to process my thoughts" - Emily

Inside: "The sunrise is at Petersfield Heath Pond, where I learnt to run with a local club. Running has helped me enormously. It's given me a place to go in order to escape from my thoughts" - Clare

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



# How can we help?

## Wellbeing

To take care of your everyday mental wellbeing try one of our free workshops.

Our wellbeing workshops aim to teach healthy coping skills for day to day life.

Our workshops can help you to:

- Relax and feel calm
- Manage your stress levels
- Feel more positive about yourself

They're held regularly across Hampshire and you don't need to refer yourself to our service to attend one.

Just reserve your free place online or by calling us.



No need for referral or assessment. Call us or visit our website to book.



Free of charge

## Support

If you're feeling low or overwhelmed, our guided self-help options empower you to get back on track.

The guided self-help approach means you can work on your recovery in your own time, at your own pace.

Options include:

- Managing Moods: A four week group, offering the opportunity to learn alongside others.
- SilverCloud: Work online, supported through messaging with one of our practitioners.
- Telephone Guided-Self Help: Work with printed materials, supported through phone calls with one of our practitioners.



Refer yourself. Some options available without assessment.



Free of charge

## Therapy

We use a range of evidence-based talking therapies to treat common mental health problems including:

- Depression
- Anxiety and Anxiety Disorders
- Obsessive Compulsive Disorder
- Post Traumatic Stress Disorder
- Phobias

However, you don't need a diagnosis, or to have seen your GP before contacting us.

Following an assessment, your therapist will discuss the most suitable treatment options with you.

Treatments take place as regular appointments by telephone, in groups or face-to-face.



Refer yourself and arrange an assessment.



Free of charge