

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

Phone: 023 8038 3920

Email: 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 photo was taken at the Hermitage Gardens in Gosport. It's a great place to escape your thoughts on a bad day and reconnect with nature. Whenever I'm feeling really down I go on a photography date with my partner to get out in the fresh air" - Jordy

Inside: "This picture is in Portchester, it's just a nice place to go and be near the water, which I always find soothing. It's nice to just get absorbed in your surroundings and put all the chaos of life to the back of your mind for a bit" - Lily

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?


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:

- Classes and courses: Teaching practical skills to help you achieve your wellbeing goals.
- 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.

 No need for an assessment. Refer yourself by phone or on our website.

 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 in-person or as an online video call.

 Refer yourself today and arrange your assessment.

 Free of charge


Health


If you're living with a long-term physical health condition, we know how challenging this can be.

We believe you deserve more than managing your condition. You deserve to enjoy your life to the fullest.

Our italk Health options aim to equip you with tools to build your resilience and live well with your long-term physical health condition.

Self-refer today for treatment options tailored for how your long-term condition is affecting your wellbeing.

 Refer yourself today. Some options available without assessment.

 Free of charge