

italk health



Specialist pathway for patients with one or more long-term physical health conditions

Type 1 Diabetes Cardiovascular Disease **COPD** Cluster Headaches **Chronic Pain**
Fibromyalgia **Angina** Sarcoidosis **Emphysema** Ulcerative Colitis **IBS** Heart Attack
Migraine Phantom Limb Pain **Medically Unexplained Symptoms** Fibroma **Stroke**
IBD **Chron's Disease** High Blood Pressure **Coronary Heart Disease** MSK **Cystic**
Fibrosis Pulmonary Fibrosis **Rheumatoid Arthritis** Endometriosis **Osteoarthritis**
Irritable/Brittle Asthma **TIA** Celiac Disease **Atrial Fibrillation** Gastroparesis **Type 2 Diabetes**

How to access the italk health pathway for your patients

A quick-reference guide to italk health - full details at www.italk.org.uk

Get Started

Choose from 3 options to get started.

Signpost to Self-Referral

Research shows patients who self-refer engage better with treatment.

Patients can self-refer online at www.italk.org.uk or call 023 8038 3920

Make a professional referral

We appreciate the insight you can share on your professional referral.

Find the referral form at www.italk.org.uk/professionals

Arrange a consultation

For patients in more complex circumstances we can work more closely together.

Request a consultation between you and our clinical psychologist on your professional referral.

Treatments

Patients can access a range of tailored treatments.

SilverCloud

Our online CBT programme offers tailored modules for patients living with:

- Diabetes
- Lung Conditions
- Chronic Pain
- Cardiovascular conditions

Patients can access directly or via your referral.

Building Resilience

Our 6-week course teaching CBT-based coping skills for patients with one or more long-term condition.

Patients can book directly online, or via your referral.

**PLUS Coming Soon:
LTC Wellbeing Classes**

Living Well

Our therapeutic group for patients to explore the links between their physical health and emotional wellbeing.

Offered where suitable following assessment. Patients can arrange an assessment through self-referral or your referral.

More info

Information correct in January 2021.
Find the latest details and subscribe to our newsletter at www.italk.org.uk