



italk Health is our new treatment pathway for patients living with one or more long-term physical health conditions.

Research suggests that two in every three patients diagnosed with a long-term physical health condition will also benefit from talking therapies, so this new pathway enables us to provide the most effective support for those patients.

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

They can also help patients to engage better in their treatment with you, and put into practice the advice you give them.

How to access:

Self-Referral

Patients can self-refer online at www.italk.org.uk

or by calling 023 8038 3920

After completing the self-referral form, patients will either:

- See a message inviting them to phone to arrange a screening call or assessment - Where patients indicate particular symptoms or situations in their history we will speak to them to identify the best next step
- See dates available to book an assessment, class or course there and then.

Professional Referral

You can find the professional referral form at www.italk.org.uk/professionals

On your referral, please indicate which of the treatments detailed in this guide would be most suitable for your patient.

Alternatively, for clients facing more complex circumstances you can select "LTC Professional Consultation" for a detailed discussion with one of our Clinical Psychologists or Senior Psychological Therapists.

What's available:

italk Health Treatments

- **P. 2 - SilverCloud:** Our online CBT programme
- **P. 3 – Physical Health Class:** 1hr session teaching wellbeing tips for a specific LTC
- **P. 3 - Building Resilience:** Our 6 week course teaching a wellbeing toolkit
- **P. 4 - Living Well:** Our Step 3 therapeutic group

Support for Carers

- **P. 4 - Self-Care for Carers:** A 1hr session teaching wellbeing tips for carers

SilverCloud

SilverCloud is an online programme teaching simple steps patients can take to feel more positive, more motivated and more in control.

It's available online 24/7 through a computer, tablet or smartphone, so patients can access this in their own time and move at their own pace.

We find it's popular as a more convenient option for patients who find it difficult to commit to regular appointment slots, and those who appreciate an easy-access form of treatment.

Patients can choose the modules that are most relevant to them, and work through them independently or with the support of an italk practitioner.

The range of modules to choose from includes options that focus only on mental wellbeing, and others that explore mental health in the context of a specific physical health condition.

The full list is:

- Space from Depression and Anxiety
- Space from Stress
- Space from Insomnia
- Space from Diabetes
- Space from Lung Conditions
- Space from Chronic Pain
- Space from Cardio-Vascular Conditions
- Space from Covid-19

Patients can work through the programme independently if they prefer, but they will be offered the support of one of our practitioners, who will check-in every two weeks to answer questions and guide them through the programme.

SilverCloud is free to access through italk, and patients can get started straight away when they self-refer at www.italk.org.uk

You can also indicate this option on your professional referral.

What's available:

Single-Session Wellbeing Classes & Physical Health Classes

Our wellbeing classes offer bite sized wellbeing tips. They are popular with patients who are interested in exploring how talking therapy could help, but perhaps not yet ready to engage with a longer treatment.

Our Breathing Space class teaches simple and effective ways to feel calmer and manage stress day to day, and is open to anyone meeting our standard eligibility criteria.

During the session, patients are offered the opportunity to request an assessment. If they do not wish to go any further, patients are discharged after the session, knowing they are welcome to self-refer again if they feel it would be beneficial later.

As part of our italk Health pathway we are developing tailored Physical Health Classes to share specific wellbeing tips for people living with a long-term physical health condition. Our first three sessions will focus on diabetes, lung conditions or chronic pain, and we will continue to develop sessions for more conditions as the pathway grows.

[Subscribe to our stakeholder newsletter](#) to hear when classes are launched.

Building Resilience with Long-Term Health Conditions

Building Resilience is our 6-week course teaching a full toolkit of skills that patients can use to build their resilience when living with one or more long-term physical health conditions.

It's held as a webinar, which is like watching a live video. It means patients do not need a camera or microphone, and we have found patients find this more comfortable than a typical video call.

The option to type in questions directly to our facilitators means patients have the reassurance of 1-1 contact with a practitioner, alongside the encouragement of learning alongside others.

The course aims to help patients find it easier to manage their physical health condition and to improve their emotional wellbeing.

Some of the many things covered in the course include:

- How symptoms of anxiety can mimic symptoms of physical health conditions, how to spot the difference, and how to manage them.
- How to understand and overcome barriers to managing a physical health condition
- How to find a sustainable level of activity, for patients who have cycles of pushing themselves too hard, and then needing to rest or recover.

Patients can book their place directly when they self-refer online or by phone, or you can indicate this option on your professional referral.

What's available:

Living Well with Long-Term Health Conditions

Our Living Well group is an interactive space for patients to explore the relationship between their physical health and emotional wellbeing with others in similar situations.

This is a Step 3 therapeutic group for patients facing more complex circumstances. For example, patients who may have lived with their difficulties for a long time, or may have experienced adversity or loss.

Participants start with individual sessions 1-1 with a practitioner, before meeting each other to move forward together in small group sessions.

Over 12 weeks, patients will learn skills to manage those difficult experiences that may be associated with their health condition, allowing them to focus on the aspects of their life that give them meaning and enjoyment.

This group is offered where suitable following an assessment. Patients can arrange an assessment when self-referring online or by phone.

If you believe this option is likely to be beneficial for your patient, please select Professional Consultation on your referral form.

Support for Carers

If your patient is supported by a friend or family member we can support them too.

Carers can self-refer online at www.italk.org.uk or by phone on 023 8038 3920.

Self-Care for Carers

Our Self-Care for Carers class is designed to be an introduction to italk for carers to understand how we may be able to help before deciding whether to access treatment.

It's a 1-hour interactive session, held online via a Zoom meeting. Patients are encouraged to put their cameras and microphones on to gain that valuable element of peer support.

The session teaches:

- An introduction to Cognitive Behavioural Therapy
- Ways to find a balance – where carers may not be able to change their to-do list, we will share a technique to help arrange those tasks in the most beneficial way for their wellbeing.
- You're not alone – We keep the session open for 30 minutes after the end, for any participants who would like to stay and chat with each other.

At the end of the session, participants will be offered the opportunity to arrange an assessment if they feel it would be helpful to explore further treatment.

What happens next:

Our italk health pathway is designed to enable patients to access more tailored support, taking into account the links between their physical and mental wellbeing.

It also enables us to work more closely with the professional team around each patient.

With your patient's consent, we will keep you up to date with their treatment by copying you into correspondence and attending MDT meetings where appropriate.

In addition to the first-step options listed above, we can also provide further treatments with an LTC trained practitioner, such as Guided Self-Help and Cognitive Behavioural Therapy. These are offered where suitable following an assessment. You can find full details of our [range of talking therapies on our website](#).

More information:

Our italk health pathway launched in January 2021, so for the latest information visit www.italk.org.uk

We're delivering training sessions for teams on how italk can help your patients and how to refer into this pathway. Contact us at info@italk.org.uk to arrange this for your team.

And you can stay up to date as our pathway grows by [subscribing to our newsletter](#) or following us on Facebook at facebook.com/italkHampshire or Twitter [@italkHants](https://twitter.com/italkHants)