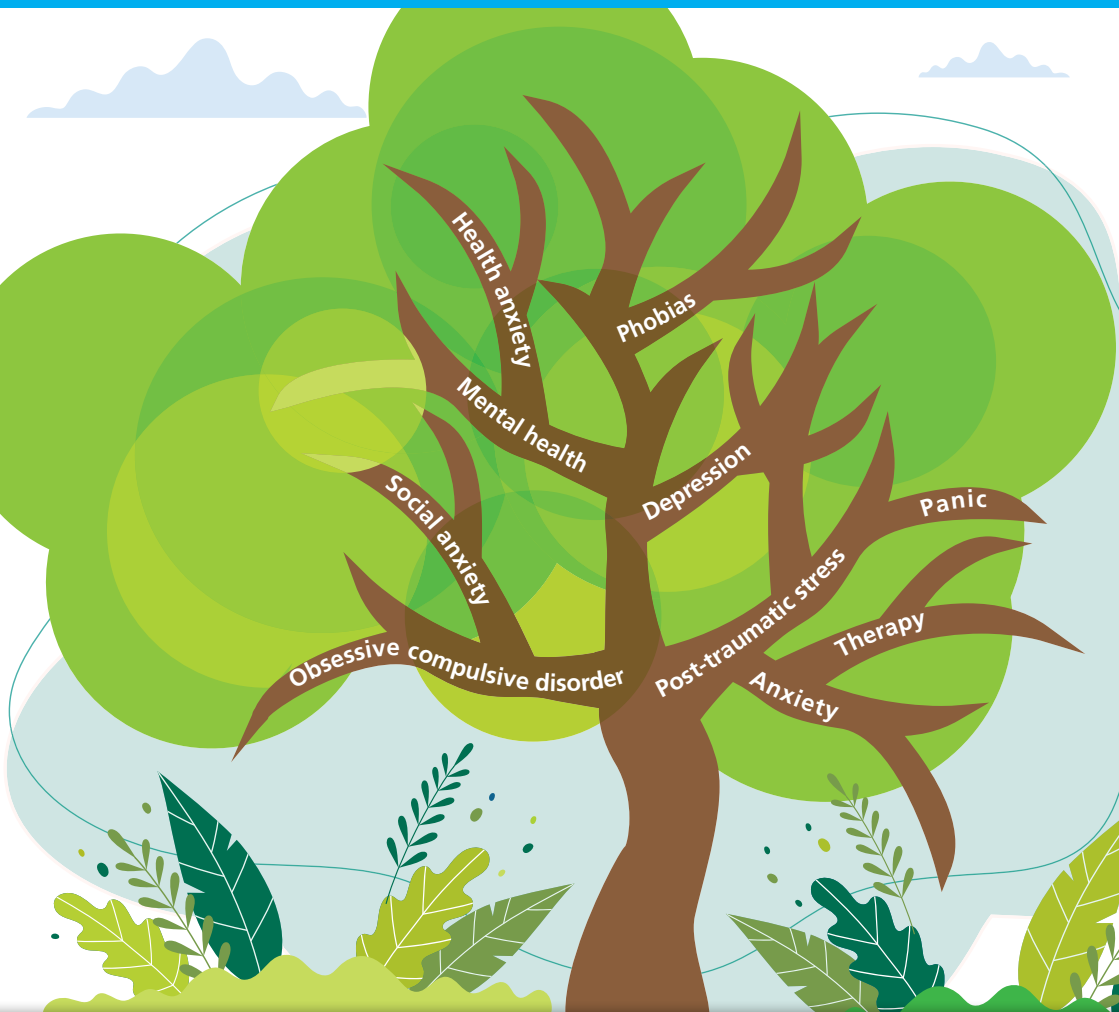


# Improving Access to Psychological Therapies

North Lincolnshire



## Feeling depressed or anxious?

Did you know that these conditions affect one in four people?

We provide evidence based treatments that can help.

This leaflet explains how you can access this service.

## Why we are here

We are here to help people suffering with common mental health problems, such as depression or anxiety. Symptoms may include:

- Low mood
- Panic
- Worry
- Stress
- Sleep disturbance
- Phobias.

We provide advice, consultation and therapy for individuals aged 18 and over.

## Who we are

Our team comprises:

- Psychological wellbeing practitioners
- Cognitive behavioural therapists.

## Our service can offer

- Guided self-help using cognitive behavioural techniques
- Self-help materials
- Treatment programmes for depression and anxiety
- Appointments by telephone, video or in person
- Signposting to other relevant agencies
- Cognitive behavioural therapy
- Eye movement desensitisation reprocessing
- Stress management.

Please note: We work in the 'here and now' rather than with past issues

## This service is not for:

- Schizophrenia
- Personality disorder
- Obvious signs of psychosis
- Organic disorders of the brain
- Bipolar disorder
- Anger management
- Substance misuse
- Significant risk.

**We are *not* an emergency service and you may have to wait a few weeks for an appointment.**

For further information visit our website at <http://iapt.rdash.nhs.uk>

**If you feel you would benefit from any of the services offered in this leaflet, you can:**

Telephone: 0300 021 6165 or call into the North Lincs IAPT or visit our website [iapt.rdash.nhs.uk](http://iapt.rdash.nhs.uk) to complete our online referral form.

We have to operate a strict attendance policy. Repeat cancellations or failed attendance of appointments (including telephone) will lead to discharge from this service.

For 24-hour support contact The Samaritans on freephone 116 123 or  
Access Team: 0800 015 0211

**IAPT** Improving Access  
to Psychological  
Therapies (IAPT)

 [iapt.rdash.nhs.uk](http://iapt.rdash.nhs.uk)

 **03000 216165**

If you would like this in large print, braille or on audiotape or would like this document in an alternative language, please contact the Patient Advice and Liaison Service on 0800 015 4334.

**Amharic**

ይህንን ጽሑፍ በግልጽ እንዲታይዎ በትልቁ፣ በብሬል ተጽፎ ወይም በቱፕ ተተኪቶ ወይም በሌላ ቋንቋ ተጽፎ ለማየት የሚፈልጉ ከሆነ የሰበሰቡትን ምክርና ግንኙነት ለገልግሎትን በዚህ ቁጥር 0800 015 4334 ደውሎ ጥያቄዎን ያቀርቡ።

**Arabic**

إذا أردت الحصول على هذه الوثيقة بالخط الكبير أو بلغة برايل أو على هيئة شريط صوتي أو مترجمة إلى لغة بديلة فيرجى الاتصال بخدمة التنسيق ونصيحة المريض Patient Advice and Liaison Service على رقم الهاتف 0800 015 4334 .

**Bengali**

আপনি যদি এটা বড় অক্ষরের ছাপায়, ব্রেইল-এ, বা কানে শোনার টেইপ-এ পেতে চান অথবা আপনি যদি এই কাগজটা অন্য কোন ভাষায় পেতে চান, তাহলে দয়া করে 0800 015 4334 নম্বরে পেশেন্ট এ্যাড্‌ভাইস এন্ড লিয়েজঁ সার্ভিসের সাথে যোগাযোগ করবেন।

**Cantonese (traditional Chinese)**

如果你希望本文件是采用大字印刷、盲文或录音磁带等格式，或者希望本文件是使用其它的语言，请联络病惠建议与联络服务 (Patient Advice and Liaison Service)，电话号码：0800 015 4334。

**Czech**

Pokud byste chtěli dokument psaný většími písmeny, brailovým písmem nebo na zvukové kazetě nebo v jiném jazyku, prosím, kontaktujte poradenskou službu pacientům na tel. 0800 015 4334.

**Farsi**

در صورت تمایل به داشتن این سند به نسخه ای با چاپ درشت تر، به خط بریل یا نسخه صوتی، و یا به زبانی دیگر، لطفاً با دفتر خدمات مشاوره و هماهنگی بیماران به شماره تلفن ۰۸۰۰۰۱۵۴۳۳۴ تماس حاصل نمایید.

**French**

Si vous désirez ce document en gros caractères, en braille, enregistré sur cassette audio ou dans une autre langue, veuillez contacter le service de conseils et liaison des patients (Patients Advice and Liaison Service) au 0800 015 4334.

**Kurdish Sorani**

ئەگەر تۆم زانیاریاتە بە چاڵی گەورە، برائیل یان لەسەر شریتی دەنگی دەخوازیت باخود تۆم بەلگەنامایە بە زمانکی دیکە دەخوازیت، تکلیه پامووندی بکه به خزمەتگوزاری زینمایی و هاوناھەنگی نەمۆشایە بە ژماره 0800 015 4334.

**Polish**

Jeżeli dokument wymagany jest w wersji drukowanej dużą czcionką lub alfabetem Braille'a, na kasecie audio lub w innym języku, prosimy o kontakt z zespołem ds. kontaktów z pacjentami (Patient Advice and Liaison Service) pod numerem telefonu 0800 015 4334.

**Punjabi**

ਜੇ ਤੁਸੀਂ ਇਸ ਨੂੰ ਵੱਡੀ ਛਪਾਈ, ਬ੍ਰੇਲ ਜਾਂ ਸੁਣਨ ਵਾਲੀ ਟੇਪ ਤੇ ਚੁੱਟੇ ਹੋ ਜਾਂ ਇਸ ਸਮਰਾਥਨ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚੁੱਟੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਮਰੀਜ਼ ਸਲਾਹ ਅਤੇ ਤਾਲ-ਮੇਲ ਸੇਵਾ (Patient Advice and Liaison Service) ਨਾਲ 0800 015 4334 ਤੇ ਸੰਪਰਕ ਕਰੋ।

**Somali**

Haddii aad jeclaan lahayd in aad kan ku hesho far waaweyn, farta braille ee dadka indhaha la' ama cajalad dhegeysi ah ama haddii aad jeclaan lahayd in aad dukumeentigan ku hesho luqad kale, fadlan Adeegga Talobixinta iyo Xiriirinta ee Bukaanleyda (Patient Advice and Liaison Service) kala soo xiriir lambarka 0800 015 4334.

**Turkish**

Bu belgeyi büyük yazı, braille (kör alfabesi) veya ses kaydı olarak veya başka bir dilde almak istiyorsanız, lütfen 0800 015 4334 no.lu telefondan Hasta Danışmanlık ve İrtibat Hizmetleri ile bağlantıya geçiniz.

**Urdu**

اگر آپ یہ بڑی چھپائی، بریل میں یا صوتی ٹیپ پر حاصل کرنا چاہیں یا یہ دستاویز کسی قابل زبان میں چاہیں تو برائے کرم پیشاپیش ایڈوائس اینڈ لিয়েزمنس سروس سے 0800 015 4334 پر رابطہ کریں۔

**Vietnamese**

Nếu muốn có tài liệu này dưới dạng in chữ cỡ lớn hơn, chữ nổi braille hay bằng ghi âm, hoặc bằng một ngôn ngữ khác, xin quý vị liên hệ bộ phận Dịch vụ Tư vấn và Liên lạc với Bệnh nhân theo số 0800 015 4334.

This information is correct at the time of publishing  
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