

Secondary care problems as listed are excluded from the IAPT service:

- Case/care management of people with a stable psychosis/severe mental illness
- Patients who pose a high risk to themselves or others or are at significant risk of self-neglect
- “Hard-to-engage” people who have consistently rejected various treatment options offered
- Patients suffering from acute psychosis or who are actively suicidal
- Pre-existing diagnosis of severe and enduring unstable mental illness. However, when an individual with psychosis is being stably managed, they may benefit from access to the IAPT service
- Patients who have a moderate and severe impairment of cognitive function (e.g. dementia) or moderate/severe impairment due to autistic spectrum problems
- Patients who need to be primarily referred for forensic or neuropsychological assessment
- Individuals for whom drug and alcohol misuse present as primary problems are best focused towards substance misuse services. However when their substance misuse problems have stabilised they may benefit from the IAPT service
- Early intervention (severe mental illness)
- Secondary-to-primary care liaison
- Personality disorder (severe/complex)
- Primary care of stable psychosis
- Medication management
- Acute psychotic symptoms
- Bipolar disorder
- Complex disorders
- Eating disorders
- Mania
- Sexual dysfunction

How to Refer

We offer a single point of access for primary care psychological therapies across Surrey.

Patients can be referred by their GP, or by other health professional sbased in GP Surgeries. Referrals can be sent directly from SystmOne or via nhs.net email: iapt.dhc@nhs.net

Patients can also self-refer via our website: www.dhcclinical.com/iapt

Feedback

If you have any queries, comments or compliments about our service, please let us know.

You can contact Laurie Brown, our General Manager, at the address or telephone number below.



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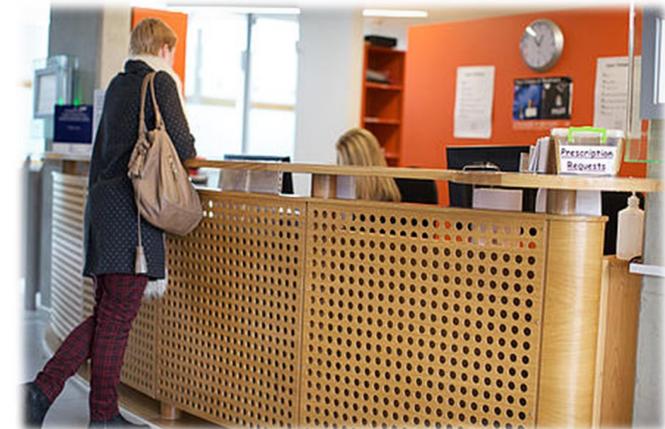


Phone: 01306 735 459
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Improving Access to Psychological Therapies (IAPT)

A service for people who are feeling stressed, anxious, low in mood or depressed.



01306 735 473

www.dhcclinical.com/iapt

Information for GPs

DHC IAPT Service

We are a psychological therapy service based in GP practices and community venues throughout Surrey; Dorking Hospital and Holmhurst Medical Centre in Redhill. We offer cognitive behavioural therapy and counselling for people aged 18 and over, with common mental health problems (anxiety and depression).

This leaflet is for GPs and other professionals to tell them about our service. The leaflet covers:

- Who the service is for
- Psychological therapy and the stepped care approach
- What the service offers
- How to refer

Psychological therapy and the stepped care approach

Psychological therapies have been shown to be an effective treatment for people with common mental health problems such as depression and anxiety disorders. Therapy requires a person to talk about their difficulties, access difficult feelings and thoughts and be motivated to make changes and attend sessions. There is evidence that the effects of psychological treatment are more long lasting after medication has stopped and that relapse into depression is less likely. Treatments are evidence based such as those recommended by NICE which include, but are not limited to, cognitive behaviour therapy (CBT).

Although treatments vary according to the individual's condition the stepped care approach advocates that a person should start with the least intensive treatment which offers a reasonable prospect of success, and should then 'step up' to a more intensive treatment, if necessary.

Patients may receive:

- Step 1 information
- Step 2 treatment for mild disorders
- Step 3 treatment for moderate disorders
- Step 4/5 treatment for more complex disorder

Step 4/5 treatment is provided by specialist mental health services in secondary care.

Psychological Wellbeing Practitioners will deliver Step 2 treatments and High Intensity Therapists (CBT psychotherapists) will deliver Step 3 treatments.

Routine assessment is an integral part of the programme, so patients who fail to improve will be 'stepped up' to more intensive treatments.

What the service offers:

Guided self help, computerised CBT, group therapy, one-to-one or couples-based talking therapy including CBT, employment support and signposting to other services.

We cater for all members of the community who require primary care psychological help in order to provide an open and accessible service.

Our clinicians work creatively and flexibly to understand and treat the person in the context of their problems, including an awareness and sensitivity to pertinent cultural and religious beliefs, for example.

In addition to working age adults, we provide a service for those over the age of 65.

Should I refer to IAPT or secondary care?

IAPT appropriate problems:

Mild to moderate common health problems in patients 18 and over such as anxiety and depression or:

- Adjustment Disorders
- Agoraphobia
- Anger Management
- Coping with illness/chronic conditions
- Depression
- General anxiety disorder
- Health anxiety
- Mild/moderate depression
- Obsessive Compulsive Disorder (OCD)
- Panic Disorder
- Relationships/family
- Self image/self-esteem
- Single-event trauma resulting in Post Traumatic Stress Disorder (PTSD)
- Social phobia
- Specific phobias
- Stress/work issues
- Trichotillomania