

PLEASE NOTE

Changing Minds IAPT is not an emergency service and is not open 24 hours a day.

If you are worried about your safety or the safety of others please contact your GP or phone 111.

FEEDBACK

We welcome any suggestions you have, please send your comments, concerns, compliments and complaints to the Patient Advice and Liaison Service (PALS): 0800 917 8504 or pals@nhft.nhs.uk



**Northamptonshire Healthcare NHS
Foundation Trust
Campbell House
Northampton
NN1 3EB**

**Telephone: 0300 999 1616
www.nhft.nhs.uk/iapt**



If you require this leaflet in other formats or languages please contact PALS: 0800 917 8504

এই লিফ্লেটটি যদি আপনার অন্য কোনো ফরম্যাটে বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করে 0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন

Je li šią skrajutę norite gauti kitu formatu ar kalba, kreipkitės į PALS: 0800 917 8504

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub języku, prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect în alte formate sau limbi, vă rugăm să contactați PALS: 0800 917 8504

Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.

© 2019 Northamptonshire Healthcare NHS Foundation Trust
All Rights Reserved

#weareNHFT

NHS
Northamptonshire Healthcare
NHS Foundation Trust

CHANGING MINDS IAPT



IMPROVING
ACCESS TO
PSYCHOLOGICAL
THERAPIES

 0300 999 1616

 nhft.nhs.uk/iapt



CHANGING MINDS IAPT

- Are you suffering from depression or feel low in mood?
- Do you feel anxious?
- Are you always thinking and worrying about things?
- Do you have problems sleeping?
- Do you feel stressed?

We are here to support you.

WHO ARE CHANGING MINDS?

In the Changing Minds IAPT service, we help people of all ages who may be having difficulties with common problems such as low mood, stress, anxiety and depression.



WHO IS THE SERVICE FOR?

This service is for anyone over the age of 17 and a half, and up to and beyond retirement age who does not have a care co-ordinator in older adults community mental health services.

MENTAL HEALTH AND WELLBEING IN LATER LIFE

Throughout life we all experience changes in wellbeing due to different life events and challenges. This is no different in later life.

Sometimes these changes in wellbeing require a little support from NHS services.

WHAT DO WE DO?

Changing Minds offers a comprehensive assessment to identify people's needs to ensure that they are accessing the most appropriate service.

Changing Minds offer a variety of therapies around the county from face to face individual sessions, group work and online based therapies.

HOW DO I ACCESS THIS SERVICE?

1) You can contact the service directly by:

- calling 0300 999 1616 (9am-5pm Monday to Friday)
- completing a short online form on our website: www.nhft.nhs.uk/iapt

2) You can also ask your GP for a referral.

WHAT HAPPENS AFTERWARDS?

Once you have contacted the service you will be booked in for a telephone assessment with one of our team members. From here we will assess your needs and discuss with you the most appropriate treatment choice that will benefit you.

"I AM SO GRATEFUL FOR THE HELP THAT IAPT HAS GIVEN ME. IT HAS CHANGED MY LIFE FOR THE BETTER."

An IAPT service user