

# CHANGING MINDS IAPT SERVICE

- Feeling low, worried or stressed?
- Not at your best?
- Having problems with sleep?
- Not going out?
- Struggling at work?
- Are you a carer in need of support?

Contact us to arrange  
an initial telephone  
conversation\*

Monday to Friday  
9am - 4pm

Phone: 0300 999 1616

National call charges apply.

\*If your need is urgent please contact your GP immediately.

#weareNHFT



# IMPROVING ACCESS TO PSYCHOLOGICAL THERAPIES

## SERVICES INCLUDE

- Telephone support
- Self-help workshops
- Computerised CBT
- Guided self-help
- 1:1 Psychological therapy
- Webinars
- Peer support



Visit [www.nhft.nhs.uk/iapt](http://www.nhft.nhs.uk/iapt)  
for more information