

## 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](mailto:pals@nhft.nhs.uk).



Northamptonshire Healthcare NHS  
Foundation Trust  
Campbell House  
Northampton  
NN1 3EB

Telephone: 0300 999 1616  
[www.nhft.nhs.uk/iapt](http://www.nhft.nhs.uk/iapt)



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

এই লফিলেটেট যদি আপনার অন্য কোনো ফরম্যাটে বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করে

0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন

Je 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.

#weareNHFT

**NHS**  
Northamptonshire Healthcare  
NHS Foundation Trust

# CHANGING MINDS IAPT



📞 0300 999 1616

🌐 [nhft.nhs.uk/iapt](http://nhft.nhs.uk/iapt)



MAKING A  
DIFFERENCE  
FOR YOU,  
WITH YOU

## 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?

We are a person centred service based in Northamptonshire for individuals who are suffering from mild to moderate depression and/or anxiety such as general anxiety and social anxiety. We help to improve access to psychological therapies (IAPT) for individuals across Northamptonshire.

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

An IAPT service user

## HOW CAN YOU HELP ME?

Are you 17.5 years or older? Do you live in Northamptonshire? Are you registered with a local GP? If so we can help you by providing evidence based low intensity treatments or guided self-help to help you help yourself.

## WHAT THERAPIES DO YOU PROVIDE?

We provide different therapies:

- live online wellbeing courses
- groups
- online supported cognitive behavioural therapy (CBT)
- face to face short term guided self-help interventions.

We also offer high intensity therapies such as CBT and eye movement desensitisation and reprocessing (EMDR) therapy to help you address your difficulties including more specific anxiety disorders such as OCD and single trauma events when appropriate. If a patient meets specific criteria we can also offer counselling for depression and interpersonal therapy. We may also provide peer support as an option to help therapy.

## WHERE WILL I BE SEEN?

We always try to book appointments for you to be seen within your local community or GP practice.

## HOW DO I ACCESS YOUR 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](http://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.