

Improving Access to Psychological Therapies (IAPT)  
York and Selby



Are you feeling...

- worried?
- stressed?
- tense?
- down, depressed or hopeless?
- can you not stop checking things?
- are your thoughts spiralling out of control?



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IAPT is part of a national programme to improve access to evidence-based psychological therapies for common mental health problems. The service is for anyone aged 16 and over who is registered with a GP practice in York or Selby.

**What we offer?**

Depression, anxiety and emotional distress are more common than you might think. IAPT offers a range of interventions to suit individual needs including:

- low intensity treatments such as groups, workshop, books on prescription or guided self help (GSH) by telephone, online or face-to-face
- cognitive behavioural therapy (CBT) delivered by a high intensity therapist
- eye movement desensitisation and reprocessing (EMDR) therapy
- counselling
- signposting to other services.

**We accept self-referrals – please call us on telephone 01904 556840**