

South Kirklees Improving Access to Psychological Therapies (IAPT)

Access to Treatment

Assessments are currently being offered within a few weeks. Courses & computerised CBT can be accessed immediately. There is a short wait for Low Intensity Guided Self-Help. For High Intensity Counselling for Depression & Cognitive Behavioural Therapy the wait is approximately 3-4 months.

Courses



Our Generalised Anxiety Disorder (GAD) group starts again in September over Microsoft Teams.

We are taking referrals for our next Long-Term Health Conditions course. Date TBC.

Our Stress Control Course is running on a constant basis so you will never have to wait more than a few weeks to access this.

Watch this space for courses for pregnant women and managing low mood in the future.

Highest Referrers

In May we received 181 referrals from the Viaduct PCN (exactly the same as April!) and 43 referrals from Elmwood Family Doctors. The University Health Centre were the second highest referring surgery with 35.

“Very lovely calm telephone assessment was reassured my feelings are completely understandable with the things I have experienced-I have been offered CBT hoping this will help. Thank you”

Recent feedback after an assessment with one of our PWPs

Couple’s Counselling for Depression-

Kirklees IAPT is able to offer Couple’s Therapy for Depression and there is currently no waiting list.



Couples therapy can help improve your communication, manage difficulties and work towards resolving any problems in your relationship. This in turn can lead to a happier & more fulfilling relationship, which can often relieve depression.

Armed Forces Day - 26th June 2021

The UK Armed Forces defend the UK and its interests. They are busy working around the world, promoting peace, delivering aid, tackling drug smugglers, providing security & fighting terrorism. Showing support for the Armed Forces on Armed Forces Day provides a much valued morale boost for the troops and their families.

The Kirklees IAPT service offers priority treatment to veterans, i.e. anyone who has served in the HM Armed Forces at any time. Talking therapies can be effective for people suffering from depression, anxiety or PTSD, which may or may not be related to their time served in the Armed Forces.

Meet the Team:

Cognitive Behavioural Therapist

A CBT therapist can help you to identify and understand your difficulties in terms of the relationship between thoughts, feelings & behaviours, to enable you to bring about change. CBT therapists offer sessions of individual face to face therapy, telephone therapy and also video therapy via Microsoft Teams. Our therapists also run group & courses & can introduce you to additional services, if required.

Please remember the Kirklees IAPT Service is for anyone registered with a Kirklees GP aged 17 years old upwards

Facebook: [@KirkleesIAPT](#)

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If you would like to be added to the newsletter mailing list please email us: IAPT.Admin@swyt.nhs.uk

How to refer to IAPT:

www.kirkleesiapt.co.uk

01484 343700