**IAPT - Halton**

**

About Us

Who we are & What we do**

 **We are Improving Access to Psychological Therapies (IAPT). Our aim is to provide psychological treatments, sometimes called talking treatments, to help people who are stressed, be that feeling low in mood (depressed) or very nervous (anxiety).

The treatments we offer are in line with the NICE guidelines for** [**anxiety**](http://guidance.nice.org.uk/CG22) **and** [**depression.**](http://guidance.nice.org.uk/CG90)

 **Our Psychology Service helps patients to:**

* **Manage and recover from mild to moderate anxiety and depression**
* **Understand and change currently unhelpful actions and patterns of thinking**

**Avoid long-term mental health problems**

**Accessing our services**

**If you would like to see one of our therapists**[**find our more information here.**](http://www.5boroughspartnership.nhs.uk/halton-iapt-online-referral/)

**If you meet with one of our therapists and it appears that another service might better meet your needs we will make arrangements for you to meet with that service.

Please note, we are a non-urgent service. If you feel that you are in urgent crisis or are worried that you might seriously harm yourself in the near future, please do not complete this form but rather contact your GP or refer yourself to the Mental Health Assessment Team by** [**clicking here**](http://www.5boroughspartnership.nhs.uk/halton-iapt-self-referral-form/)

**Contact us

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