

Sheffield IAPT

working together to improve your wellbeing

Improving Access to Psychological Therapies Prescription

Sheffield IAPT is a free adult NHS service that can help you to manage and overcome stress, anxiety and depression.

IAPT Treatment Options - I am recommending the following (tick as required):



stresscontrol

- 6 sessions over 6 weeks, each being 1.5 hours long where you can learn how to manage stress, anxiety and depression
- A choice of daytime and evening courses running all throughout the year
- You can take along a friend or family member for support
- To book a place visit: www.iaptsheffield.shsc.nhs.uk or call IAPT on: **0114 226 4380**



Choose from:

- 1** - Overcoming low mood
- 2** - Overcoming anxiety and worry
- Learn proven techniques to overcome low mood, anxiety and worry
- 4 weekly sessions with each session being two hours long
- Held at a choice of local venues and online
- To book a place visit: www.iaptsheffield.shsc.nhs.uk or call IAPT on: **0114 226 4380**



SilverCloud

- Online Therapy Programme proven to help with stress, low-mood, depression and anxiety disorders such as health anxiety, obsessive compulsive disorder, panic and phobias
- Access to on-going reviews from an IAPT worker via email or phone
- Approx 6-8 weekly sessions of around 40 mins. All you need is internet access and either a computer, tablet or mobile. The programme is flexible; use it any-time, anyplace, and anywhere.
- To book on: Call IAPT on **0114 226 4380** so they can find the right programme for you

If you have looked at the IAPT options and are unsure which is right for you, you can book an IAPT assessment at the GP Practice Reception. IAPT assessments take up to 30 minutes; please consider any changes you would like to make and what the main problem is for you at the moment.

My IAPT assessment is on..... at.....

Please complete the questionnaires below to help us understand how you have been feeling. Have this form with you when you speak to the IAPT worker.

Patient Health Questionnaire

Over the last 2 weeks, how often have you been bothered by any of the following problems?	Not at all	Several days	More than half the days	Nearly every day
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3
Trouble falling/staying asleep, or sleeping too much	0	1	2	3
Feeling tired or having little energy	0	1	2	3
Poor appetite or overeating	0	1	2	3
Feeling bad about yourself - or that you are a failure or have let yourself or your family down	0	1	2	3
Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
Moving or speaking so slowly that other people could have noticed? Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3
				Total score

Anxiety and Worry Questionnaire

Over the last 2 weeks, how often have you been bothered by any of the following problems?	Not at all	Several days	More than half the days	Nearly every day
Feeling nervous, anxious or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Worrying too much about different things	0	1	2	3
Trouble relaxing	0	1	2	3
Being so restless that it is hard to sit still	0	1	2	3
Becoming easily annoyed or irritable	0	1	2	3
Feeling afraid as if something awful might happen	0	1	2	3
				Total score

If you book a telephone assessment please make sure you take the call in a confidential place and that we have your correct telephone number.

We will call you twice, once at the agreed appointment time, and again 5 minutes later, if there is no answer we will assume that you no longer want therapy and will refer you back to your GP. You can be referred back to us whenever you are ready.