

Sheffield IAPT access criteria:

People who IAPT is suitable for	Unsure if IAPT is suitable	People who IAPT <u>is not</u> suitable for
<p>When the person meets this simple criteria:</p> <ul style="list-style-type: none"> • They want help understanding and managing Depression or Anxiety. • Are able to manage their attendance and appointments. • Are willing to prioritise appointments / group sessions to work on Depression or Anxiety and reflect between sessions. • Is 18 or over. 	<p style="text-align: center;">↓</p> <p>Please do not recommend IAPT to the person without speaking to an IAPT worker.</p>	<p>When any of following are evident:</p> <ul style="list-style-type: none"> • When the person's priority is not Depression or Anxiety. • When the person requires a multi-professional approach. • When the person is too distressed to wait for a planned talking treatment. • Where risk is of concern or unpredictable. • When the person is not motivated to engage in a talking treatment.

Advice you can give suitable patients wanting to access IAPT:

- Ask the person to consider available information and look at the IAPT website: <http://iaptsheffield.shsc.nhs.uk/> or booklet
- We **DO NOT** accept paper referrals on behalf of a patient; patients are asked to
 - book directly onto courses (see website or call 0114 2264380 to book by telephone)
 - Make an appointment with their GP to access services at their GP practice
 - Call 01142716568 to book a Health & Wellbeing assessment for people with health conditions/symptoms affecting their mood

Sheffield IAPT problem based criteria:

Problems suitable for IAPT	Situational problems likely to need addressing before considering IAPT	Problems not suitable for IAPT
<ul style="list-style-type: none"> • Depression • Generalised Anxiety Disorder • Panic • Health Anxiety • Obsessive Compulsive Disorder (OCD) • Social Anxiety • Single event trauma resulting in Post Traumatic Stress • Phobia • Work related stress • Coping with illness/chronic conditions 	<ul style="list-style-type: none"> • Homelessness • Benefits crisis • Loneliness • Domestic Abuse • Child or Adult Safeguarding • Unstable alcohol or substance misuse impacting on wellbeing and functioning 	<ul style="list-style-type: none"> • Multiple event or prolonged trauma resulting in Complex Post Traumatic Stress • Psychosis / Schizophrenia • Bipolar Disorder • Borderline or Emotionally Unstable Personality Disorder • Eating Disorders • Anger Management • People with moderate to severe cognitive impairment

About IAPT:

- IAPT is a high volume adult service offering time-limited, stand-alone talking treatments (including courses and groups) for Depression and Anxiety (which is very different to a 'team approach' or 'multidisciplinary care').
- It is important that people using IAPT take ownership of their referral and are actively involved in subsequent treatment.
- IAPT isn't designed to offer '**URGENT**' or '**CRISIS**' response assessments.