



health & wellbeing



Sheffield Health and Social Care
NHS Foundation Trust

Sheffield IAPT

working together to improve your wellbeing

IAPT Long Term Conditions: Health & Wellbeing Prescription

The service is a free adult NHS service helping you to manage Long Term Conditions or ongoing physical symptoms alongside stress, anxiety and depression.

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



Stress Control for Long Term Conditions

- 6 sessions over 6 weeks, each session being 1½ hours long where you can learn how to manage stress, anxiety and depression
- Courses running all throughout the year
- You can take along a friend or family member for support
- To book call **0114 271 6568** or for more information visit: www.iaptsheffield.shsc.nhs.uk

'Living Well' courses for Long Term Conditions

A wide range of courses are available to help you learn how to manage your health condition and improve your overall wellbeing. Please see our website for more information.

Choose from:

- 1** Living Well with Long Term Conditions (5 sessions over 5 weeks)
- 2** Mindfulness for Health (8 sessions over 8 weeks)

Or a range of courses specific to your needs (between 4 and 6 sessions each)

- | | |
|------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> 3 Living Well with Fatigue <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> 8 Living Well with a Heart Condition <input checked="" type="checkbox"/> |
| <input checked="" type="checkbox"/> 4 Living Well with Pain <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> 9 Living Well with IBS <input checked="" type="checkbox"/> |
| <input checked="" type="checkbox"/> 5 Living Well with COPD <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> 10 Managing Health Worries <input checked="" type="checkbox"/> |
| <input checked="" type="checkbox"/> 6 Living Well after Cancer <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> 11 Living Well with a Skin Condition <input checked="" type="checkbox"/> |
| <input checked="" type="checkbox"/> 7 Living Well with Diabetes <input checked="" type="checkbox"/> | |

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If you have looked at our range of courses and you are unsure if this is the right first step for you, please call **0114 2716568** to request an assessment with a Psychological Wellbeing Practitioner. Our assessments take up to 45 minutes, usually by telephone or can be face to face; 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.....

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 call **0114 271 6568** to self – refer whenever you are ready.

For Consultants or other Health Care professionals to complete:

Physical Health Condition:

Wellbeing: Please complete the questions below and signpost to our service if your patient scores positively on any of the questions.

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

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

Next steps: From our consultation today we agreed:

1

2

Signed **Dated**