

# Kirklees IAPT Service



**“I just can’t stop worrying”**

**“I feel so fed up”**

**“I’m feeling very stressed”**

**“I can’t get off to sleep”**

**“I don’t feel motivated to do the things I  
used to enjoy”**



**IAPT** stands for **I**mproving **A**ccess to **P**sychological **T**herapies We can offer quick and easy access to help and support if you’re feeling this way. 1 in 4 people experience common mental health problems including the symptoms mentioned above.



## How can we help?

You would first be offered an appointment to help us understand the difficulties you are experiencing

We offer treatment options including:

- Guided Self-Help
- Counselling
- Cognitive Behavioural Therapy (CBT)
- SilverCloud - a computerised CBT based programme
- Groups, including a Stress Control Course, Low Mood group and Living Well with Long Term Health Conditions group

We can also recommend other services that could be helpful for you



## How can I refer to IAPT?

- You can self-refer by calling our friendly admin team on 01484 343700 from 08:30-16:30 Monday to Friday
- You can complete an online referral on our website - <https://kirkleesiapt.co.uk/>
- You can ask your GP or any other professional who is supporting you to make a referral for you