

Improving Access to Psychological Therapies (IAPT) Prescription pad

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

Stress Pac

Help managing stress, anxiety and depression

Daytime / evening courses available

You can bring a friend or family member for support

Workshops

Held at various venues

Breathing & Relaxing

Mindfulness

Sleep Wellbeing

Problem Solving & Worry

Assertiveness

Stress Management

Getting active and feeling better

Understanding bereavement and
living with loss

Talking Therapies

One-on-one and group therapies

If you are unsure which options are right for you, you can request an assessment either in person or on the telephone

You can find out more information, self-refer or book onto Stress Pac and Workshops via our website www.barnsleyiapt.co.uk or contact the team on 01226 644900 between 9am and 5pm Monday to Friday

Please be aware that we are not a crisis service. If you are feeling you are unable to keep yourself safe please contact your GP who can refer you to the SPA team, they do not accept self-referrals and operate between 8am and 8pm. If you need support, outside of these hours please contact NHS111 or the out of hours GP service.

Useful Contact Numbers

NHS

111

Mental Health Access Team

01226 644 900

Single Point of Access Team

01226 645 000

Child Adolescent Mental Health Services

01226 644 829

Samaritans

116 123

Pathways Family Support centre

01226 731812

IDAS

03000 110 110

Humankind recovery steps (alcohol and drug support)

01226 779066

Humankind (Early Intervention Prevention Support Service)

01226 704090

Barnsley Sexual Abuse & Rape Crisis Services

Text 07786 20 90 70

Helpline 01226 320140

Citizens Advice

03444 111444