IAPT ADULT (16+) SERVICE PATHWAY

IMPROVING ACCESS TO PSYCHOLOGICAL THERAPY



Self - GP - Social Care - Other MH Services - Maternity Services - Health Visitor - Secondary Care - Education - Other (including community services and VCS) (Referrals (except self-referrals) must have informed consent)



GAD 7 PHQ9 (and relevant additional scales) to be completed - Determine appropriate IAPT Pathway (IAPT Offer)

Assessed appropriate level of stepped care (steps 1- 4 below)

STEP 4: Specialist Mental Health Services: In-patient/out-patient delivery.

STEP 3: High intensity interventions for moderate to severe disorders.

STEP 2: Low intensity interventions for mild disorders.

STEP 1: Individuals not meeting caseness.

WELLBEING OFFER (STEP 1) **Internal & External**

Anger

Sleep Disorder

Relationships

Group work

Mindfulness

Meditation

Self-guided or supported

Interventions

Bereavement

CORE IAPT OFFER (STEP 2 & 3)

Depression - Anxiety

OCD - PTSD

Panic disorder

Social anxiety disorder

Post-Natal Depression

RAPID ACCESS IAPT (STEP 2 & 3)

Access Team Crisis & HTT Medical **Psychology**

IAPT

Long Term Condition

(LTC) OFFER

(STEP 2 & 3)

MSK - Pain - IBS

Chronic Fatigue

Diabetes Respiratory

Persistent Physical Symptoms (PPS/MUPS)

CBT

Recovery College

APPROPRIATE

ADDITIONAL **SERVICES:** Including:

Older Person Services

Veteran Services

Protected Characteristic Services

Autism Services

Learning Disability Team

Substance Misuse &

Other **Local Authority** Services

Social Prescribing

Local Directory of Services

CBT, EMDR or IPT

Self help

Psycho-educational groups Behavioural activation

CFD

Graded exercise therapy Combined physical and

interventions

PHYSICAL HEALTH EQUALITY & REASONABLE ADJUSTMENTS **EMPLOYMENT SUPPORT**