Why refer your patients to Croydon Talking Therapies?

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Variation in referral rates

Referral rates per 1,000 population

Q1
Q2
Q3
Q4

Q1
Q2
Q3
Q4
Common problems we can help with

- Low mood and Depression
- Excessive worry and stress
- Work related difficulties
- Sleep problems
- Adjusting to life events

- Panic attacks
- Obsessive Compulsive Disorder (OCD)
- Fears about health or social situations
- Phobias or agoraphobia
- Post Traumatic Stress Disorder (PTSD)
What we offer

• Online guided self help with **Silvercloud**
  – Patients can access this immediately through the website

• Workshops for sleep, low mood, self compassion, self-criticism, confidence, self-belief, anxiety

• Face to face guided self help (6 sessions)

• Counselling

• Cognitive Behaviour Therapy (CBT)

• Employment advice
And it works!

We reach the 50% recovery rate target
Pathway into the service – stepped care

- **Telephone triage**
  - No wait

- **Online modules with support**
  - No wait

- **Workshop / Groups**
  - No wait

- **Guided self help  CBT based 1:1**
  - No wait

- **CBT High Intensity**
  - 10-12 weeks
How to get to us – self referral

- Self referral – via website www.slam-iapt.nhs.uk and then ring in

- Read leaflet – then ring in **020 3228 4040**

- GP/ Health care professional referral – via website or paper form – Service user still needs to ring in
When encouraging your patients to self-refer, how do you make sure that they actually do?
How to contact us

telephone: 020 3228 4040

website: www.slam-iapt.nhs.uk

e-mail: croydoniapt@slam.nhs.uk

Your GP Liaison contact

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