

**Everything you need to
know about Touchstone's**

Improving Access to Psychological Therapies Service





Touchstone makes a difference to the lives of people, working together with them to improve their health and wellbeing.

The Improving Access to Psychological Therapies (IAPT) Service provides a Talking Therapy called Cognitive Behavioural Therapy (CBT).

This may be suitable for you if you experience depression, low moods or feel very anxious.

A decorative graphic on the left side of the slide consists of several overlapping circles in various colors: a large green circle at the top left, a smaller dark red circle below it, a green circle with a black outline below that, a pink circle below that, a yellow circle with a green outline and a small dark blue circle inside it below that, and a red circle at the bottom left.

What can IAPT offer you?

Most people see a member of the team called a Psychological Wellbeing Practitioner once a week for 4-6 sessions.

Following this, you may then benefit from seeing another team member called a High Intensity Therapist for 8-16 sessions.

Through the sessions you will learn about techniques that you will put into practice to improve your mental health.

We want to make it easy for you to attend sessions.

We see people from a wide range of venues across Leeds, which are easy to find and easy to get to with most being on popular bus routes.

We have morning, lunchtime and after work appointments.



In 2011-12 the team saw 591 people at 15 different venues across Leeds.

The team of 5 offered nearly 4,000 appointments to people with depression or anxiety and had 3361 face to face sessions.



Get involved

Touchstone's IAPT service has developed because we want to talk to you and listen to what you want and need. We will continue to do this.

If you want to get involved there are many ways of doing this, such as coming along to a service user involvement forum to find out more.

A member of the Touchstone team can explain about service user involvement at Touchstone.

Touchstone works in partnership with the NHS and two other charities, Leeds Counselling and Community Links. Together we are widening access to talking therapies across Leeds.

Touchstone is focusing on supporting BME (black and minority ethnic) people. This is important because BME groups tend to have had poor access to this kind of service in the past.

Get in Touch

To get in touch or make a referral
write, ring or go on the website.

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