

# Camden IAPT

# Camden IAPT-partnership

- **Camden iCope** works in partnership with the following organisations:
- **IESO** (since April)
- **Age UK Camden** counselling service
- **Women and Health**
- **Camden, City, Islington and Westminster Bereavement Service**
- **Nafsiyat**
- GPs can refer directly to any one of the partners or go via iCope if they prefer/ are not sure where to send people

# What we offer – LI/step 2

- **Guided self help – CBT-based – self help materials**
- **Computerised CBT – SilverCloud/ Sleepio**
- **Groups – Feeling good Group/ insomnia**
- **Workshops**
- **Books on prescription**
- **Support to access local services – eg employment**
- **self-referral – over 40%**
- **F:F/ tel/ skype/ Bengali-speakers**

# HI/ Step 3

- Structured psychological therapies - NICE-recommended
- CBT- individual and group – skype – on-line
- Counselling, Interpersonal Therapy, Dynamic Interpersonal Therapy, Behavioural Couples Therapy

# Who is suitable for IAPT

- **Adults with depression or anxiety disorder – whole range of severity – if can engage and work psychologically**
- **Not suitable if presenting problems are related to another MH condition – eating disorder, psychosis, personality disorder, bipolar disorder, significant drug or alcohol use**
- **Active risk to self or others**
- **Require secondary (specialist) MH care – eg MDT approach**
- **Several unsuccessful treatment attempts with us –discuss**
- **Primary request for diagnosis/ medication review – not wanting to work psychologically**

# iCope or TAP?

- **If you think suitable for iCope try that first – TAP works with people NOT suitable for iCope**
- **Talk to us if unsure**
- **Please do not refer to both services at once – causes delay and confusion!**