

Improving Access to Psychological Therapy

Nonye Ibekwe is the clinical lead for IAPT (Improving Access to Psychological Therapy). This is a service run by the NHS for 16 – 18 year olds and adults

Our service is offering remote therapy and we also have a digital platform known as Silver Cloud which will be suitable for young people and their parents or guardians as applicable. Silver Cloud provides clinically-effective programmes to enhance resilience and support for issues such as anxiety, depression and stress.

We are also providing services for individuals with long term health conditions.

Referrals can be made via telephone or by visiting our website and using our online referral link. Adding IAPT link and the leaflet to the college website will also help with creating awareness.

Referral can be made as follows:

Telephone number: 024 7667 1090

IAPT website: <https://www.covwarkpt.nhs.uk/iapt>

Online referral link: <https://gateway.mayden.co.uk/referral-v2/aabf392b-acf1-4da2-8c97-27fe0f7ac0c6>

If you go on the website you will see that there are a whole range of really useful support leaflets etc. that can be downloaded and made available to students or parents.