



<p>If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail info@cwps.nhs.uk or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>যদি আপনার অনুবাদ সেবা বা এই নথির কপি অন্য ভাষায়, অডিও টেপে, ব্রেইল বা বড় হাতের দস্তাবেজ ছাড়া অন্যান্য বৈকল্পিক পদ্ধতিতে প্রাপ্য হলে, দয়া করে আমাদের সাথে যোগাযোগ করুন। আমাদের সাথে যোগাযোগ করুন: info@cwps.nhs.uk বা ফোন/টেক্সট/ইমেইল/ফ্যাক্স/ইলেকট্রনিক ডেলিভারি। আপনার ঠিকানা: কন্টেন্টস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১বিইউ।</p>
<p>如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 info@cwps.nhs.uk 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>જો તમને ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિશાળ કદની છપાઈની જરૂર હોય, તો કૃપા કરીને સહાયકતા (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઈમેલ કરો: info@cwps.nhs.uk અથવા આ સંખ્યાએ લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेल नौपि या विशाल आकार में छपाई की आवश्यकता हो, तो कृपया सीइल्यूपी (CWP) कर्मचारियों के साथ बात कीजिये. या ईमेल कीजिये: info@cwps.nhs.uk या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: info@cwps.nhs.uk lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost info@cwps.nhs.uk neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>

Primary Care IAPT Service: South Cheshire & Vale Royal

Activating your referral to the service

Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: Cheshire & Wirral Partnership NHS Foundation Trust, **PALS, Complaints and Claims Team**, 1829 Building, Liverpool Road, Chester, CH2 1HJ.

For more information see www.cwps.nhs.uk

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Improving Access to Psychological Therapies Service (IAPT)

The Improving Access to Psychological Therapies (IAPT) programme funded by the Department of Health via the Central and Eastern Cheshire Primary Care Trust aims to improve access to care by helping patients achieve recovery through talking therapies.

Your referral to the IAPT service

If you and your GP have decided that you might benefit from some help from the Improving Access to Psychological Therapies Service (IAPT), your GP will contact the service to provide information about the difficulties you may be experiencing.

Please note that it can take up to a week for a referral letter to reach the IAPT service.

In order to activate the referral, please contact the service on the telephone number below at least **1 week** after you saw your GP. Calls can be made between 10am and 4pm.

This call will confirm your request for the service and you will then be sent a letter informing you of the expected time until an appointment can be arranged. Please allow a short period of time for this telephone call in order that we can clarify with you any information required by the service.

If you ring before this day, we may not have received the information from your GP and will not be able to progress your enquiry at that time.

South and Vale Royal IAPT service contact details

Address: Central & Eastern Cheshire Primary Care IAPT Service
Denton House, Denton Drive
Northwich
CW9 7LU

Telephone: 01606 353809

Additional support available

You can also have support for Employment issues from the:

Employment Advisor Service

For those who are in employment who are struggling to stay in work and/or are on sick pay.

Employment Advisors provide practical support for employed people to find solutions to their work issues which are contributing to their anxiety/depression.

Employment Support Service

For those who are unemployed who wish to move closer to employment.

Employment Support Advisors provide practical telephone assistance with signposting to appropriate employment support services or training programmes to help you move closer to work.

If you wish to use the service you can contact them directly by phone or email

Tel: 07525324502

Fax: 01270440167

Email: ea.enquiries@pathwayscic.co.uk