

**Improving Access to Psychological Therapies (IAPT)
Patient and user on-line workshop
2pm – 3.30pm, 4 September 2020**

What is IAPT?

Improving Access to Psychological Therapies (IAPT) is a national programme for people with depression, and anxiety, including those with long-term physical health conditions (LTCs) or medically unexplained symptoms (MUS). IAPT was first piloted in 2006 and has been extended across the whole of England. Almost one million people are treated every year.

Why are we contacting you?

Leicestershire Partnership NHS Trust is tendering to become the provider of IAPT services for the whole of Leicester, Leicestershire and Rutland. Winning the tender will help us to create a completely integrated service for people with mental and physical health problems across the whole area. The service will meet each person's individual needs and be sensitive to cultural and linguistic needs of communities. It will be available through face-to-face contacts, group sessions, on-line help and telephone support.

Why do we need your help?

We need your ideas and experiences to help us design a service that meets the needs of everyone who will use it. We expect to have about 30,000 patients going through the service each year. It is vital that we get your views on how the service should operate at this bid stage and also once the service is up and running.

What is involved?

The workshop will run for a maximum of 90 minutes during which we will set out what IAPT is and our ideas for how the service will be accessed and delivered. Most of the time will be given to your opinions and ideas which you can do through using our chat function or by talking on-screen. You do not need to do any preparation, but we have included some information sources at the bottom of this invitation.

How will the workshop work?

The workshop will take place online using a platform called Microsoft Teams. We will send you a link to join the workshop following your registration. Don't worry if you haven't used this platform before we will be happy to take you through how it works before the workshop. If you require support to attend this workshop for example if you have a hearing impairment, please let us know and we can arrange to have the appropriate support in place to allow you to take part. We can also arrange for you to provide your feedback in your preferred language with the support of interpreters, so please let us know if we can arrange this for you.

How do I get involved?

To register your interest in the workshop please contact our Patient Experience Team at LPTPatientExperience@leicspart.nhs.uk or by calling 0116 295 0818.

Can I give my views in any other ways?

Yes you can give us your views, comments or suggestions by either using our online feedback survey, which can be accessed here by clicking on this link <http://ratenhs.uk/DdQEEF> or alternatively you can call us on 0116 295 0818 where we would be happy to log your views directly over the phone. If you would like this survey in another format please contact us on the details about and we can arrange this for you.

For more information on IAPT...

NHS England has web page for IAPT - <https://www.england.nhs.uk/mental-health/adults/iapt/>

Every part of England is covered by IAPT services. For a useful example of a local IAPT service you might want to look at the service in Northamptonshire called Changing Minds -

<https://www.nhft.nhs.uk/iapt>