

Other services which might be useful

Beat Eating Disorders: 0845 634 1414

Carers Direct: 0808 802 0202

Cognitive Behaviour Therapy Self-Help Resources: www.getselfhelp.co.uk
www.edspace.org.uk and
www.glasgowsteps.com

Cruse bereavement: 0844 477 9400

Domestic Violence Helpline:
0808 2000 247; 08457 023468;
0117 963 3542

Job Centre Plus: 0800 023 4888

NHS direct: 0845 4647

Samaritans: 08457 90 90 90



Call us on 023 8038 3920
Visit us at www.italk.org.uk

My Story

"Thanks very much for your help, I really appreciate it. I am amazed at how quickly I have felt better - just from making small changes in my life." *Georgia, 22 years old*

"I was very, very lucky - I was referred to your service quickly and now I am feeling so much better. The therapist has been lovely and I am so grateful to everyone at the service for being so brilliant." *Michael, 66 years old*

italk is provided by Solent Mind
and Southern Health NHS Foundation Trust



For better
mental health

Southern Health 
NHS Foundation Trust



A psychological therapy service



Please call us on:

023 8038 3920

to arrange an appointment with
a member of the italk team.

What is italk?

italk is a free Improving Access to Psychological Therapies (IAPT) service which delivers talking therapies.

It provides services within south Hampshire (Eastleigh, Fareham, Gosport, Havant, New Forest, Test Valley and Winchester).

The work we do is based on an approach called Cognitive Behavioural Therapy (CBT). CBT looks at how we think, feel and behave, and helps you to develop skills to face any difficulties you are experiencing.

Who is italk for?

People over the age of 16 who have problems such as depression and/or anxiety. This could include obsessive compulsive disorder, phobias, panic and posttraumatic stress disorder.

What Happens?

To book your first appointment you can
CALL US on 023 8038 3920
VISIT US at www.italk.org.uk
If you choose to visit the website, our team will be in touch as soon as possible.

BOOK AN APPOINTMENT

We will take some details from you including your date of birth, NHS number (you can get this from your GP surgery), address and a telephone number. You will also be asked for a brief summary of your problem. This information will be recorded on our computer system, it is confidential and will not be shared without your consent. An appointment will be made for you to have a telephone assessment. You will then receive an appointment letter and a set of questionnaires.

TELEPHONE ASSESSMENT

A Psychological Wellbeing Practitioner will talk to you about your current difficulties. This will take about 30 minutes. A few hours before your telephone assessment, if possible, please complete the questionnaires you received with your appointment letter.

AGREE A PLAN

Together we will discuss a plan for your recovery.

TAKE PART IN PLANNED THERAPY

You will be offered a programme of therapy. This will include regular telephone treatment sessions with your Psychological Wellbeing Practitioner, or if necessary, appointments with a High Intensity Therapist.

REGULAR REVIEWS

Together with your Psychological Wellbeing Practitioner or High Intensity Therapist, your progress will be regularly reviewed.

FINISH THERAPY

When your treatment is completed we will write a summary of the work we have done together and copy this to your GP.

What does italk offer?

- Cognitive Behaviour Therapy
- Guided Self Help
- Computerised CBT
- Employment Support
- Group Workshops
- Lifestyle Support
- Medication Advice

And, we can point you in the right direction if our service isn't right for you at the moment.



For more information about these interventions please visit our website www.italk.org.uk, or call us on 023 8038 3920.