

# York and Selby IAPT Referral Criteria

The York & Selby IAPT Service offers evidence based interventions/psychological therapies for people presenting with common mental health problems.

The service is available to anyone aged 16 and above, under the care of a Vale of York CCG GP.

## Common mental health problems seen by York and Selby IAPT:

- Panic
- Agoraphobia
- Specific Phobias
- Social Phobia
- Generalised Anxiety Disorder (GAD)
- Health Anxiety
- Obsessive Compulsive Disorder (OCD) including Trichotillomania (excessive hair pulling) and Excoriation Disorder (skin picking)
- Post-Traumatic Stress Disorder (PTSD) related to a single event trauma
- Depression
- Antenatal & Post Natal Depression
- Body Dysmorphic Disorder (BDD)

## People may describe:

- Stress
- Worry
- Relationship Difficulties
- Low Self Esteem
- Adjustment to injury/illness
- Adjustment to life changes and events
- Problem Solving
- Sleep Difficulties

IAPT recognises that individuals respond well to Step 2 and Step 3 interventions when they have:

- Evidence of insight
- Are able to recognise links between thoughts, emotions and behaviours
- Evidence of motivation to change

making a

difference

together

The York and Selby IAPT service is not suitable for the needs of:

- Clients who are at immediate or unstable risk and/or actively suicidal and unable to maintain their own safety
- Clients who are at risk of self-neglect and poor functioning requiring secondary care input
- Clients who are not currently self-motivated to change and not ready to engage in a therapeutic process
- Clients using drugs or alcohol to a level that would prevent them engaging in treatment

York and Selby IAPT are unable to meet the need of those presenting with:

- Eating disorders
- Psychosis
- Bi-Polar or Mania
- Psychosexual Difficulties/Sexual Dysfunction
- Complex Trauma/PTSD
- Personality Disorders
- Severe and enduring mental illness and/or requiring a Care Programme Approach
- A need for a diagnosis or psychiatric assessment
- A need for medication management or review
- Moderate/severe difficulties with cognitive functioning or impairment, which requires intervention with a specialist service
- A need for specialised forensic services support
- A need for neuropsychological services support
- A pattern of threatening, intimidatory or violent behaviour requiring specialist anger management support

If you wish to discuss a potential referral please contact the team on –

Office: **01904 556820**

Duty supervisor: **01904 556827**

Patient to self-refer: **01904 556840**

