

IAPT

Improving Access
to Psychological
Therapies
North Lincs (IAPT)

We provide talking therapies for adults experiencing common mental health problems.

If you have experienced any of the following for more than two weeks, please contact us.

- Depression
- Anxiety
- Phobia
- Panic
- Post-traumatic stress disorder (PTSD)
- Obsessive compulsive disorder (OCD)

You can now self refer at:



iapt.rdash.nhs.uk

QR code
quick link to
self referral
form:



Or call us on: **03000 216165**

Self-help materials are also available online

IAPT

FREE mental health
support for people
over the age of 18

QR code
quick link to
self-help
materials:

