



Croydon Clinical Commissioning Group

South London and Maudsley 

NHS Foundation Trust

Croydon Talking Therapies (IAPT)

020 3228 4040

www.slam-iapt.nhs.uk

Paris Congrave

Lead CBT Therapist

Long Term Conditions



Why Talking Therapies?



Common problems we can help with:

- Low mood / Depression
- Excessive worry / stress
- Work related difficulties
- Sleep problems
- Fears about health
- Low confidence
- Trouble concentrating
- Panic attacks
- Feeling frustrated/irritable

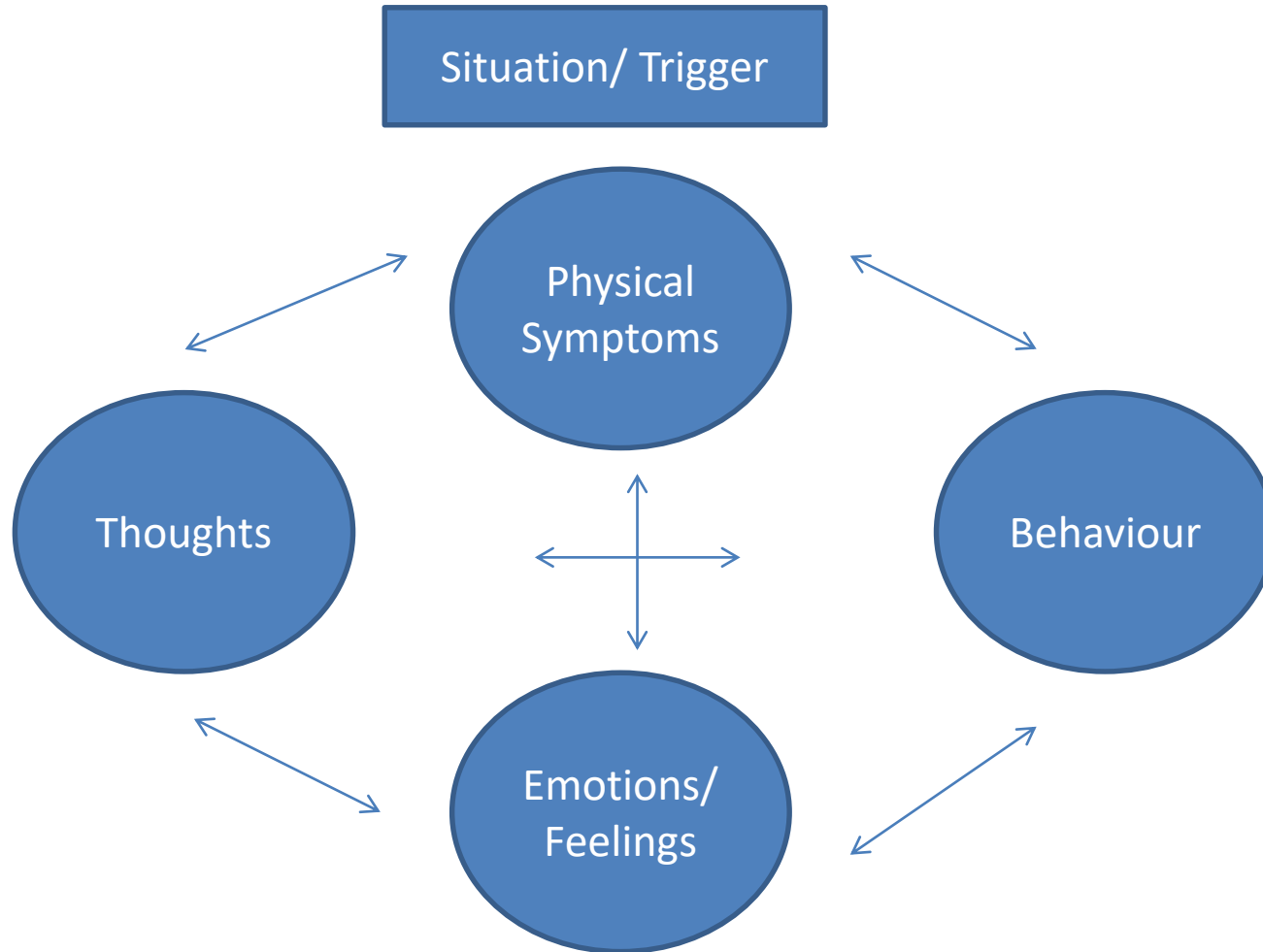


What we offer – something for everyone

- **Online** guided self help (Silvercloud)
- **One day workshops** – e.g.: Low mood, Assertiveness, Confidence, Sleep, Anxiety, Worry (Weekends)
- **6 week groups** – Stress and Worry, Behavioural Activation (Evening and day time)
- Telephone or face to face **guided self help (GSH)** – up to 6, 30 min sessions
- **Counselling**
- **Employment advice**
- **Cognitive Behaviour Therapy (CBT)** – up to 12, 1 hour, weekly sessions



Cognitive Behavioural Therapy - CBT



Long Term Conditions Team

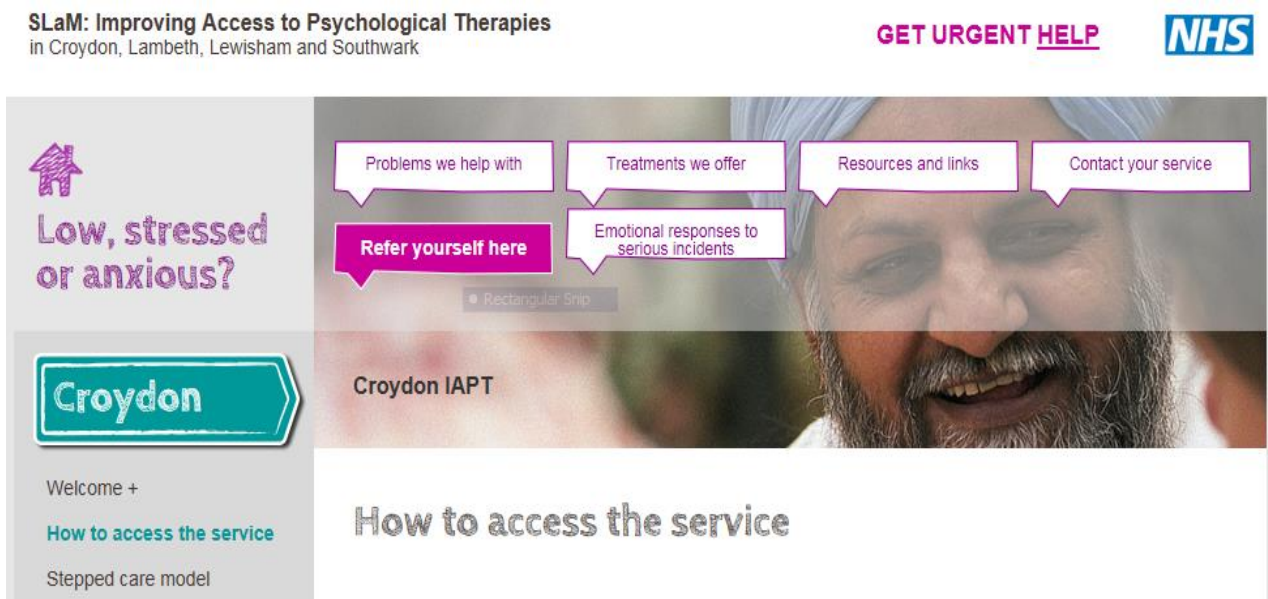
- Specialist **Long Term Health Conditions team**
 - working with people with long term conditions e.g. diabetes, COPD, cardiac problems
- Can tailor treatment to help individuals **manage** their condition

Croydon IAPT Psychological Therapies and Wellbeing Service

- **Opening hours:** Mon – Thurs 8.00am-19.30pm, Friday 8.00am – 17.00pm.
- **IAPT Sites:** Wickham Park House (Bethlem Royal Hospital)
Davis House, Central Croydon
Purley Resource Centre
GP Surgeries
- **Staff:** Admin, Assistant Psychologists, Psychological Wellbeing Practitioners (PWPs), CBT Therapists.

How to get to us – self referral

- **Self referral** – via website slam-iapt.nhs.uk- and then ring in



Or

- Read leaflet – then ring in **0203 228 4040**
- GP/ Health care professional referral– via website or paper form

Any questions?



Further information:

General contact details and self referral number:

- 020 3228 4040
- www.slam-iapt.nhs.uk/croydon