

Our Staff

Our staff work from GP practices throughout Surrey including Dorking, Ashted, Leatherhead, Epsom, Redhill, Reigate, Caterham and Horley. This means we can provide you with support close to where you live or in the locality of your choice.

All staff are trained in the use of psychological therapies. You may have contact with one of the following:

- **PWP (Psychological Wellbeing Practitioner)**
- **A High Intensity CBT Therapist**

You may be offered more than one type of support including telephone support, group or individual therapy.



DHC is in the top 5 providers nationwide (out of a total of 155) for both outcomes and recovery

Our waiting times are currently less than 3 weeks for assessment and treatment

We offer a large variety of locations (although wait times may vary if you have specific location/time requirements)

We will always do our best to provide you with a considerate and timely service



Dorking Hospital
Off St Pauls Road West
Horsham Road
Dorking
Surrey RH4 2AA

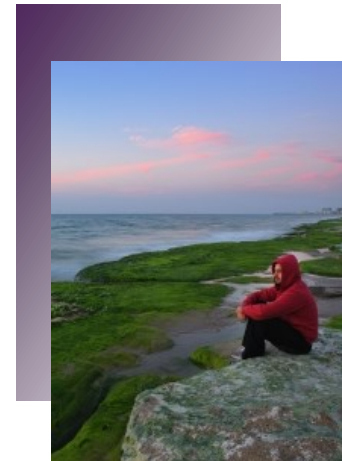
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www.dhcclinical.com

Improving Access to Psychological Therapies



Delivering quality healthcare



Tel: 01306 735473

Information for Patients

DHC IAPT Service

What is the IAPT service?

It is an advice, information and therapy service

Who is it for?

It is a service for people aged 18 and over in Surrey who are feeling stressed, anxious, low in mood or depressed.

What can I expect?

You will be able to talk about your concerns, this may be by telephone or in person. You will be listened to without judgement. You will have an opportunity to talk through issues you feel are important, and how these can be addressed.

You will be offered a choice of help that may include the following:

- Psychological Education courses
- Computerised CBT (Cognitive Behaviour Therapy)
- Guided self-help, helping you manage your symptoms.
- Group and individual CBT
- Workshops appropriate for your condition
- Access to employment specialists who assist patients to return to or obtain employment
- Self help resources and books on prescription

We also provide

- Information about other local resources that might be helpful
- Support and follow-up by telephone when appropriate.



It may be that this is not the best service to help you, or you need more than it is able to offer. If so, we will help you to find other services that are better suited to you.

How can I get help?

You can self refer via the online form on our website <http://www.dhcclinical.com/form.php> Alternatively your GP can refer you directly.

What happens next?

You will be contacted and offered an assessment appointment within 10 working days. This initial session lets us identify the problems that you would like support with and helps us to decide what options may be best for you.

How can I get the most from my treatment?

To get the most from the IAPT service you will actively use the tools which the treatment equips you for and use them outside the sessions. With any skill it takes practice to gain confidence and to feel the full benefit. Once treatment finishes you should then find you are able to manage and maintain your own wellbeing, and we will support you to become your own expert.

How will I know it is helping me?

Your progress will be reviewed through discussion and regular use of short, simple questionnaires.



Working in Partnership

The IAPT service works in partnership with local organisations, all of which are committed to ensuring that services are accessible for anyone suffering from low mood and/or anxiety, regardless of their age.

Our partners:

- Age Concern Surrey
- Carers Support
- The Samaritans Leatherhead and Mid-Surrey Branch
- Mid-Surrey Richmond Fellowship
- Combat Stress
- OCD Action
- Cruse Bereavement Care