

# Central Cheshire IAPT

Using a stepped care approach, the team provide assessment and treatment which can include guided self-help, group work, individual therapy and signposting. The team will also refer on to other appropriate services as required

The service can provide psychological therapies (also known as talking therapies) for the following difficulties:

- Panic Disorder
- Depression and Low mood
- Generalised Anxiety Disorder
- Health Anxiety and Medically Unexplained Symptoms
- Social Phobia
- Specific Phobia
- Post Traumatic Stress Disorder (PTSD)
- Obsessive Compulsive Disorder (OCD)
- Adjustment Disorder
- Bereavement & Loss
- Insomnia
- Low Self-Esteem
- Anxiety/ depression in people with long term conditions
- Post-natal anxiety/depression
- Employment support

If you feel troubled by any of the above were here to help, self-refer today

Improving Access  
to Psychological  
Therapies

To self-refer Freephone  
**0300 303 0639**

Or self-refer online via this QR  
code or visit our website @

[www.cwp.nhs.uk/ccliapt](http://www.cwp.nhs.uk/ccliapt)



Helping people to be  
**the best they can be**