**Lambeth Talking Therapies**

**Website:** **<https://lambethtalkingtherapies.nhs.uk/> Telephone: 02032286747**

**What does our service provide?**

We are a primary care service who offers short-term therapy for those experiencing a common mental health problem. We try to ensure that the type of help offered is best matched to the service user’s needs. Our service offers both Low Intensity and High Intensity courses of treatment.

* Whenever possible we offer low intensity courses of treatment first because they are the easiest to access, most widely available, and least resource intensive.
* Low intensity options are cognitive behavioural therapy (CBT) based. These are online packages (with weekly online support), workshops, group and 1:1 guided self-help using workbooks.
* Guided self-help includes one-to-one support weekly.
* High intensity therapies usually involve weekly one-to-one sessions with a therapist, offering cognitive behavioural therapy (CBT) or other treatments, for example interpersonal psychotherapy (IPT). We also run High intensity CBT groups such as the ‘Overcoming depression Group’.

**Who do we support?**

**We support people who are looking for a psychological treatment to help them with their difficulties.**

We provide support to individuals experiencing:

* Feeling down, low, or depressed
* Feeling stressed or anxious
* Finding it hard to control worrying
* Anxious in social situations
* Low mood or anxiety in pregnancy or the first year after birth
* Panic attacks
* Flashbacks of traumatic events
* Obsessive Compulsive Disorder (OCD) e.g., caught up in excessive washing or checking
* Sleep difficulties
* Experiencing anxiety, stress and low mood linked to a long-term medical condition or chronic pain

**Our exclusion criteria**

* Those who have a diagnosis of psychosis and who have not been stable for the last 2-3 years. Where the condition is stable, we only provide treatment for difficulties not directly related to the psychosis problem. For example, we can treat anxiety / stress but not paranoia.
* Those who have a diagnosis of bipolar and who have not been stable for 6 months. Where the condition is stable, we can only treat a diagnosable anxiety disorder (e.g., OCD, PTSD), and we cannot offer support for depression or general stress.
* Those who are high risk and seeking immediate crisis support (i.e., feel that they cannot keep themselves safe)
* Those who are seeking assessment and specific treatment for Autism Spectrum Disorder or ADHD
* Those who are seeking support from a psychiatrist for a psychiatric assessment or medication management
* People who have no access to public funds
* People will not be guaranteed to be seen by a clinical psychologist specifically
* We are unable to see patients at their home or those who require weekly home visits
* We are unable to provide letters for housing and benefits applications
* We are unable to make panel referrals for the eating disorders service and psychosexual services directly, we suggest GPs do this if there is clear indication to refer directly or that if unsure if they meet service criteria, please call us and we can do this in conjunction with you or see if the person meets our service criteria
* Those who are seeking and already accessing support from another mental health service (except the Lambeth Living Well Network HUB).

**Other Services to consider if patient meets exclusion criteria**

* Lambeth Living Well Network HUB (LLWN HUB) - LLWN HUB provides primary care social inclusion support, mental health assessments and support for those with social stressors. LLWN HUB are also the entry point to secondary care services, as a result if your patient needs support from the Assessment and Liaison Team, Treatment Team, or LEO/OASIS/Optima please refer to the HUB directly. These secondary care teams can help those with psychosis, bipolar and those who require immediate or high level of input such as those with severe agoraphobia or whom are at risk.
* Integrated Psychological Therapies Team (IPTT) - If your patient has longstanding difficulties including interpersonal difficulties, multiple episodes of brief therapy and/or has a personality disorder, please refer to IPTT via Lambeth Talking Therapies or the Lambeth Living Well Network HUB, whom are the entry point for IPTT. Service users will have an initial assessment before this course of treatment is decided and a referral is made.
* Eating Disorders Services –via Panel - If your patient has an eating disorder (anorexia nervosa, bulimia, binge eating disorder or an eating disorder not otherwise specified), please refer to the Eating disorders Services via the Panel. Though there is some scope for disordered eating work within IAPT service, the disordered eating would have to indicative of low severity (consisting of maximum two-three binges a week and no purging). If your patient has a history of an ED or longstanding difficulties with eating, please refer directly to the Panel.
* Psychosexual Services – via Panel - If your patient experienced psychosexual difficulties (Anorgasmia, Delayed or absent ejaculation, Erectile Dysfunction, Genital Pain. Disorders; dyspareunia, vaginismus and vulvodynia, Persistent genital arousal disorder, Premature ejaculation, Sexual aversion, Sexual Desire Disorders; low or excessive sexual drive, FGM, pornography addictions or sexual trauma or gender dysphoria), please refer to the psychosexual services via the panel.
* ADHD or Autism Services – Via Panel - If your patient is looking for an assessment or treatment for ADHD or Autism Spectrum Disorders, please refer directly to the panel for a direct referral to the ADHD and Autism Services. Lambeth Talking Therapies can make adaptations for individuals who have ADHD or ASD; however, this must be for treatment of the mental health problem rather than symptoms of the ASD or ADHD itself.
* Mosaic Club House and Centre 70 - If your patient is looking for support with social stressors, please signpost them or refer them directly to Mosaic Club house. They are able to support individuals with benefit advice and advocacy, housing, physical wellbeing, employment support, education support, quitting smoking, peer support and social networks. For further information: <https://www.mosaic-clubhouse.org/InformationHub> or <http://centre70.org.uk/>

***If you are unsure of whether a patient would be suitable for our service, please email us on*** [***liaptscreeningteam@slam.nhs.uk***](mailto:liaptscreeningteam@slam.nhs.uk)***.***

If you or you’re the person you’re referring have any questions, you can find out more on our website <https://lambethtalkingtherapies.nhs.uk/> or call us on 0203 228 6747.