

Merton Improving Access to Psychological Therapies Service(MIAPT)

Thinkaction Merton (MIAPT) is dedicated to helping people in the London borough of Merton access free treatment on behalf of the NHS for mild to moderate mental health conditions. We provide support for low mood or stress, to more moderate levels such as depression and anxiety. Merton IAPT provides support via one to one therapy in doctors surgeries throughout the Clinical Commissioning Group (CCG). Additionally MIAPT also offers group work such as Feel Well, Live Well for new mothers. All counselling and therapy is absolutely free.

IAPT is 'Improved Access to Psychological Therapies' which is an NHS led programme designed to help people get quick, convenient treatment. IAPT is set into two steps and provides support through a range of support structures. Cognitive Behavioural Therapy (CBT), Counselling, Dynamic Interpersonal Therapy (DIT) are all offered to support over 18s living within the borough of Merton.

Step Two IAPT is a low intensity, one to one therapy for people with mild to moderate anxiety and depression. It can usually be done on the phone, with an experienced therapist talking and listening to you and setting out exercises or guided self-help. Two therapy sessions can take place after work or at a convenient time for you.

Step Three is a higher intensity therapy for people who require perhaps a higher level of support. This can take all forms, for example single instance PTSD (post traumatic stress disorder) or ocd (obsessive compulsive disorder). The most appropriate therapies are discussed at the initial assessment. Sessions are then one to one and will generally be in person either at your GP clinic or at the Merton IAPT hub.

For some people Step Two is all they need to get back on their feet and well again, for others a little more time is required. Counselling and talking therapies are proven to help the majority of those who use them

Groups are open to everyone, regardless of whether they are doing the one to one sessions or not.

"CBT was a real breakthrough for me and the stuff I learned was incredible. I wouldn't be where I am today without it. It was a lightbulb moment. The techniques I learned to cope with everything were amazing. I still use the CBT techniques now." - Holly, a former service user at Thinkaction

If you are feeling low, anxious, stressed or feeling like you are unable to cope, you can either self-refer by calling **0203 823 9063**, email **MERCCG.miapt@nhs.net** or you can visit your GP who can then refer you to Thinkaction Merton.

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