**VitaMinds IAPT Service in BNSSG - Healthcare Professionals & Stakeholders**

**VitaMinds is the NHS Improving Access to Psychological Therapies (IAPT) service provided by Vita Health Group across Bristol, North Somerset & South Gloucestershire (BNSSG)**

**Appropriate referrals to the IAPT service are people:**

* + Age 16 years and over
  + Registered with a GP practice in Bristol, North Somerset or South Gloucestershire
  + Experiencing common mental health problems

**Referrals appropriate to service include:**

* + Low Mood and Depression
  + Generalised Anxiety Disorder (GAD)
  + Panic Disorder
  + Social Anxiety Disorder
  + Health Anxiety
  + Post-Traumatic Stress Disorder (PTSD)
  + Obsessive Compulsive Disorder (OCD)
  + Specific Phobias
  + Agoraphobia
  + Body Dysmorphic Disorder
  + Long Term Health Conditions and Medically Unexplained Symptoms in the context of depression and anxiety (e.g., Diabetes, COPD, Chronic pain, CHD, CFS, IBS, Fibromyalgia, Stroke, Long Covid)

**The IAPT service is NOT appropriate for:**

People who pose a high risk to themselves or others, are at crisis due to psychosis, or have pre-existing diagnosis of acute mental illnesses and dementia crisis.

People who at the time of assessment, for whatever reason (e.g., acute illness, childbirth, compulsory admission), are unable to engage with IAPT therapies. They will be referred to a more appropriate care pathway, although this will not preclude their return to the IAPT service later.

People who are assessed to have mental health needs that would be more appropriately supported at the secondary mental health level. They will be referred to their local secondary mental health care pathway. This will not preclude their return to the service later.

People asking for treatment/support for mental health conditions outside those that IAPT can treat, such as:

* + Schizophrenia Substance misuse Organic disorders of the brain
  + Bipolar disorder Personality disorder Obvious signs of psychosis Eating Disorders

**What support can VitaMinds offer?**

**Access to an assessment with a trained mental health practitioner:**

1. **Online referral – self-referral or professional / assisted referral through the link below:**

[**https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-south-gloucestershire/self-refer/**](https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-south-gloucestershire/self-refer/)

**Or email:** [**Vitahealthgroup.refer.bnssg@nhs.net**](mailto:Vitahealthgroup.refer.bnssg@nhs.net)

1. **Digital Assistant – A tool that allows for a pre-assessment style referral, asking questions that will trigger a call back within 24 hours (or sooner) if there is any presentation of risk.** **You can access this via our homepage** [**here**](https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-and-south-gloucestershire-mental-health-services/)**.**
2. **By Telephone - 0333 200 1893**

* **8am – 8pm Monday to Thursday**
* **8am – 5pm Friday**
* **9am – 1pm Saturday**

**Immediate support and information**

People can immediately access Computerised Cognitive Behavioural Therapy programmes & Wellbeing Tips via our website: [**https://bnssg.silvercloudhealth.com/onboard/**](https://bnssg.silvercloudhealth.com/onboard/)

Courses include:

**Space for Sleep Space for resilience Space from Stress Space from COVID-19**

**COVID 19 SPECIFIC -** **INFORMATION & RESOURCE TOPICS** – Wellbeing, Uncertainty, Isolation, Parenting & Young Children, Long Term Conditions, Managing Long Covid, using the following link: <https://www.vitahealthgroup.co.uk/coronavirus/bristol-north-somerset-south-gloucestershire/>

**The following Low Intensity CBT (LICBT) options are available:**

* + Depression (and depression for students)
  + GAD – General Anxiety Disorder
  + Panic
  + Phobia
  + CHD – coronary heart disease
  + Chronic Pain
  + Diabetes Wellbeing
  + Lung Conditions

**Webinars:**

* + Worry management
  + Low mood
  + Panic
  + Living with Long-term conditions

**LICBT 1:1:**

* + Depression
  + GAD
  + Panic
  + Phobia

**High Intensity therapy options:**

* + High Intensity Cognitive Behavioural Therapy (CBT)
  + Couples Therapy for Depression
  + Eye Movement Desensitisation & Reprocessing (EMDR)
  + Mindfulness based Cognitive Therapy for Depression (MBCT)
  + Interpersonal Therapy (IPT)

**High Intensity Webinars:**

* + Long Term Conditions: IBS & Fibromyalgia
  + Living Well with Long Covid
  + Living Well with Chronic Pain / Fatigue

**LONG TERM HEALTH CONDITIONS**

Within the Long-Term Health Conditions pathway, we offer 1:1 appointments, webinars, computerised CBT, and resources aimed at people struggling with the impact of Long-Term Condition(s) on their mental health. We are actively engaging with the health care teams for conditions such as Stroke, Lung Conditions, Fibromyalgia/ME/MUS, Chronic Pain, Diabetes, Coronary Heart Disease and Long Covid.

**Health & Wellbeing Pathways**

VitaMinds are also able to provide support for individuals who need help with some of the wider determinents affecting their mental health.

* + **Healthy Living Healthy Minds** – to support physical activity and healthy lifestyles to improve mental health. This includes an initial assessment with a Health & Wellbeing Coach, 1-1 health coaching sessions and a series of online webinars and exercise classes suitable for beginners.
  + **Wellbeing Navigation** – to offer support, signposting and short-term intervention with practical issues impacting on client’s life. This currently offers 1:1 telephone / Teams support identifying barriers to change and exploring options with a Wellbeing Navigator. Webinars and self-help guides will also form part of this service.
  + **Partnership with City Farms**
  + **Partnership with Bluebell Care** for perinatal mental health support

**Service updates**

* We are receiving circa **550** referrals per week across BNSSG.
* The approximate waiting time for an initial assessment appointment is **2** days.
* There are low waiting times for Low Intensity CBT.
* There are higher waiting times for High Intensity CBT and therapies.
* Priority is given to Veterans and Postnatal/Perinatal Mums/Dads
* Signposting and referral to external services is part of the support offered for clients.
* **Face to face service provision** - VitaMinds now provide a mix of face to face and virtual service provision, including therapy available over the phone