

Statement of Intent

This confirms the Government's commitment to the principles that need to underpin the next stage of Improving Access to Psychological Therapies, in which:

We will tackle the stigma that often stops people seeking treatment for common mental health problems by

- Working with the Time to Change and Shift awareness campaigns
- Encouraging PCTs to invite people to seek psychological therapy help when they need it
- Giving the NHS useful tools and guidelines for engaging people with psychological therapy services

We will work towards ensuring PCTs give all patients a choice of NICE-approved psychological interventions by

- Asking PCTs to offer appropriate choice of therapies as their IAPT services mature
- Developing training for other NICE approved interventions to support therapists' continuing professional development

We will demonstrate that psychological therapies offer care that is clearly explained and suited to individual patients' needs by

- Supporting services to collect patient reported outcome measures and discuss each person's progress with them
- Ensuring services collect data for at least 90% of patients and use it to check on service quality and improve commissioning

We will work with primary care services to achieve seamless, person-centred care for patients by

- Ensuring there's a GP in every multi-disciplinary IAPT team
- Improving the skills of all primary care staff in recognising and managing the care of people with anxiety and depression
- Supporting primary care clinicians to make evidence-based decisions when signing people off sick and to offer appropriate care while they are unable to work
- Helping Practice Based Commissioning groups recognise and address how patients' physical and mental health needs impact on each other

A handwritten signature in black ink, appearing to read 'Kathryn Tyson'.

Kathryn Tyson
Director, Mental Health Division
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Improving Access to Psychological Therapies

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