

The New Savoy Declaration



“Depression and anxiety affect millions of people in the UK, yet few receive the psychological therapies that could help with recovery. Many with the courage to seek help have to wait for many months for treatment or have to pay for it privately.

The Government has committed itself to turning this around and to implementing NICE Guidelines for depression and anxiety so that everyone can have timely access to state-of-the-art evidence-based therapies.

We congratulate the Government on this welcome initiative and call on the NHS to offer appropriate psychological therapies free at the point of delivery to all people who need them, within six years. We call for people to be given a choice of appropriate, evidence-based therapies available close to home when they need them. And we urge government to invest in the further development and evaluation of psychological therapies to make the UK a world leader in this field.

We commit to working together to support the NHS to build up its psychological therapy provision and to ensure that the new services are safe, effective and successful.”

Signed:

Lord Victor Adebowale CBE *Chief Executive* Turning Point
Malcolm Allen *Chief Executive* British Psychoanalytic Council
Madeline Andersen-Warren *Chairperson* British Association of Dramatherapists
James Gray Antrican *Chair* UK Council for Psychotherapy
Nicola Barden *Chair* British Association for Counselling and Psychotherapy
Sarah Brennan *Chief Executive* YoungMinds
Jeremy Clarke *Chair* New Savoy Partnership
Ronald Doctor *Chair* Association for Psychoanalytic Psychotherapy in the National Health Service
Professor Chris Evans *President* UK Society for Psychotherapy Research
Paul Farmer *Chief Executive* Mind
Professor Steve Field *Chairman* Royal College of General Practitioners
Professor Peter Fonagy *Chief Executive* The Anna Freud Centre
Angela Greatley *Chief Executive* Sainsbury Centre for Mental Health
Paul Jenkins *Chief Executive* Rethink
Dr Gillian Leng *Deputy Chief Executive and Implementation Director* NICE
Dr Chris Mace *Chair* Psychotherapy Faculty Royal College of Psychiatrists
Professor Pam Maras *President* British Psychological Society
Dr Andrew McCulloch *Chief Executive* Mental Health Foundation
Professor Peter McGuffin *Dean and Head of School* Institute of Psychiatry
Antonia Murphy *Director* CPPC
Matthew Patrick *Chief Executive* Tavistock and Portman NHS Foundation Trust
Stephen Sandford *Chair* Association of Professional Music Therapists
Steve Shrubbs *Director* Mental Health Network The NHS Confederation
Neil Springham *Chair* British Association of Art Therapists
Professor Peter Stratton *The Association for Family Therapy and Systematic Practice in the UK*
John Taylor *President* British Association for Behavioural and Cognitive Psychotherapies
Beverley Tydeman *Chair* Association of Child Psychotherapists
Geoffrey Unkovich *Chair* ADMPUK
Andrea Uphoff *Convenor* BAPCA

