

IAPT

Space from **Depression** and **Anxiety**

**11.4% OF PEOPLE IN THE UK EXPERIENCE
MIXED ANXIETY & DEPRESSION***

Effective online solution to tackle co-morbid depression and anxiety

Helping people with combined depression and anxiety

This programme is part of our unique 8-programme suite built in collaboration with Berkshire Healthcare NHS Foundation Trust to provide you with the skills to manage and overcome the symptoms of co-morbid depression and anxiety.

"I found it difficult to spot my negative thoughts at first, it can be difficult to see them from the outside for what they are. The programme has really helped me with this, now I use the 'staying in the present' exercise to help me focus and figure out my thinking errors."

Easy to follow, supportive

Work independently, at your own pace with ongoing support and guidance from your therapist. Your therapist can personalise the programme pathway for your specific difficulties.

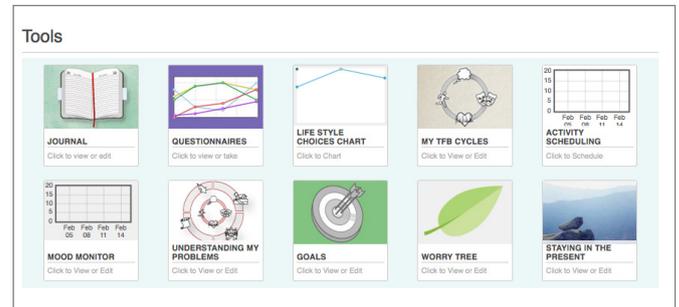
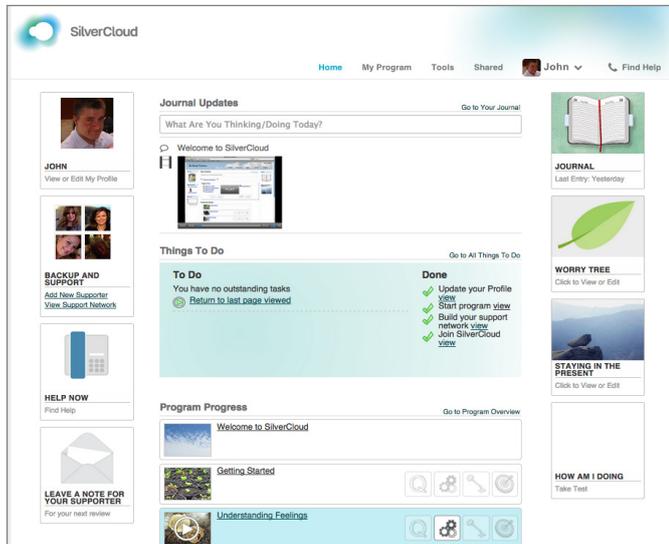
Putting you in control of your recovery

Content is based on Cognitive Behavioural Therapy (CBT). CBT teaches you practical strategies and skills that can help you to manage undesirable symptoms and regain control.

*Singleton, N., Bumpstead, R., O'Brien, M., et al. (2001) Psychiatric Morbidity Among Adults Living in Private Households, 2000. London: The Stationery Office.

Developed in collaboration with Berkshire Healthcare **NHS**

NHS Foundation Trust



A variety of interactive tools and apps help you to develop skills to manage your symptoms and build resilience.

Accessible

Access it 24/7 - on your computer, tablet or mobile phone.

Flexible, online solution

Online modules help you to understand the link between your thoughts, mood and behaviour. You will learn to identify and change unhelpful patterns. Topics include:

- Understanding moods and emotions
- Managing worry
- Increasing activity and motivation
- Challenging negative thoughts

Your therapist can unlock additional modules to best meet your needs.

Highly Engaging

The programme is packed with videos, quizzes, activities and tools to support you in your day-to-day life, including:

- Mood monitor
- Journal
- Lifestyle choices chart
- Mindfulness exercises

Personalised care path

Depression and anxiety commonly occur together. The programme allows your therapist to personalise the content and tools to your low mood or depression and the specific type of anxiety you are experiencing for example, phobia, panic or anxiety about your health.

A personalised treatment plan that targets your specific difficulties and contributes to better and longer lasting outcomes.

