

thinkaction

Formerly KCA
Mental Health Services



MERTON IAPT

About us

- We are part of Addaction-Thinkaction (previously KCA)
- a registered charity founded in 1967 and 1975 respectively and merged in 2015 January
- Addaction is now the largest Improving Access to Psychological Therapies (IAPT) provider
- Deliver IAPT in Merton, Kent & Medway, Kent & Greenwich Prisons & Surrey
- Higher than average clinical outcomes

About us

- MIAPT Started in October 2015
- We are commissioned by Merton CCG
- Main hub is at Cricket Green Surgery in Mitcham
- We work across the Borough in surgeries and community locations

What is on offer?

We offer a stepped care model of mental health service to treat common mental illnesses like

- Anxiety
- Depression
- Stress
- Phobia
- Obsessive Compulsive Disorder
- Post Traumatic Stress Disorder

Types of Treatment

We offer the full range of NICE recommended treatments which includes:

- **Guided Self-help by phone, groups and workshops**
- **Cognitive Behavioural Therapy**
- **Counselling**
- **Other therapies such as Dynamic Interpersonal Therapy, Interpersonal Therapy**

Who can access the service?

- Anyone aged 18 and above and registered with one of the 23 GPs in the borough of Merton

How to access the service?

- Via your GP
- Self Referral

The Process

- Referral
- Screening and Signposting
- Assessment to ascertain whether low intensity or High Intensity
- Treatment Sessions

Benefits

- Choice of treatment
- Recovery focus
- Signposting
- Better access
- Patient feedback
- User engagement

Working with the BME Community

- Approximately 20% of the referrals we received over the last year were from the BME community.
- We would like to increase this to at least 25%.
- We offer therapy in a range of languages, including Tamil.

Thank You!

Q&A

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