**Problems Let’s Talk IAPT are unable to help with**

Let’s Talk IAPT provides psychological therapy for common mental health problems such as depression and anxiety. The first appointment with the service is an assessment to explore your current difficulties and what you want to change, to ensure we are the right service to help you.

Some problems that people come with but where other services are better able to provide support are listed below.

**Addiction; alcohol, drugs or gambling**

Most of our clinicians are trained to use Cognitive Behavioural Therapy (CBT) to help with depression and anxiety disorders. Treatment for many addiction problems do often suggest CBT. However, it is best to see therapists or other specialist workers that have been trained to use CBT specifically with addiction as this is more likely to be beneficial for you. Specialist services will often have a range of staff from different disciplines to support and target different aspects of this problem.

If you feel addiction is your main problem then the organisation or resources below may be able to help or you can discuss any other options with your GP.

**Support groups**

Narcotics Anonymous – <http://www.ukna.org/>

Alcoholics Anonymous – [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk/)

Smart Recovery Group for all addictions – <http://www.smartrecovery.org.uk/>

**Online resources**

An online treatment and recovery programme - [http://www.breakingfreeonline.com](http://www.breakingfreeonline.com/)

An interactive website with advice and information, including a 6-week computerised course to help cut back drinking.

[www.Downyourdrink.org.uk](http://www.downyourdrink.org.uk/)

**Diagnosed personality disorders and chronic difficulties with interpersonal relationships.**

For some of people, for whatever reason, parts of their personality (understood as the collection of characteristics or traits) can develop in ways that make it difficult to live with themselves and/or with other people.

A diagnosis is typically only made after an in-depth assessment by a psychiatrist. Recent research makes it clear that mental health services can help people with personality disorders. There is also evidence that they slowly improve with age too.

However, treatment is best provided by those who have had specialist training in working with this condition and clients may need more support than the short term therapy offered in IAPT. If you have a diagnosed personality disorder, it would be best to speak to your GP about a referral to a specialist service. If you are not sure, we may offer you an assessment and if we then support that you may be presenting with this condition, we may refer you on ourselves.

**Support groups**

[www.emergenceplus.org.uk](http://www.emergenceplus.org.uk)

Emergence is a service user-led organisation supporting all people affected by personality disorder including service users, carers, family and friends and professionals.

**Hallucinations and delusions**

Hallucination is the word used to describe experiencing sounds, smells or sensations that are not happening from sources in reality or real life. A common hallucination is hearing a voice that is not yours and it can being felt as though it were coming from inside or outside of your head.

Delusion is the word used to describe strongly believing something that isn’t fully supported in reality and it can be difficult to prove. It is very hard to know yourself when you have a delusion as it may feel very real. A sign may be that it is very distressing to you, but other people struggle to understand your evidence or become very concerned about you because you hold this belief. A common example is becoming increasingly certain you are being watched by the government and that people on the street have been planted there to watch you. You may begin to feel there are bugs in your home phone, or you are being monitored through devices in your home, such as your TV.

These can be very distressing and lots of people can be worried about telling other people they are having these experiences. These symptoms can occasionally relate to low mood or anxiety – but more commonly, they stem from a group of mental health problems called Psychosis. If you think you may be experiencing hallucinations and/or delusions or you reveal this in an assessment with one of our team, we would most often refer you to a more specialist mental health team to have these experiences properly assessed and treated. There are treatments for these experiences, so please discuss it with your GP as soon as you can.

**Providing a psychiatric diagnosis**

Our team is made up of different types of psychotherapists – mainly Psychological Wellbeing Practitioners, CBT Therapists and Counsellors. Currently in the UK, only Psychiatrists are trained to assess and provide a diagnosis of a mental health condition. Speaking to your GP about a referral to a psychiatrist would be a good first step if this is what you are after.