**North East Lincolnshire Adults Social Work Forum**

**Team Information**

**June 2018**

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| **Name of Team** | **Open Minds: Core IAPT (Improving Access to Psychological Therapies) and Long-term Conditions Team (LTC)** |
| **Organisation**  | **NAViGO Health and Social Care CIC** |
| **Team Address**  | Open Minds: Core IAPT: 7-9 Osborne Street, Grimsby DN31 1EYLong-term Conditions Team: NAViGO House, 3-7 BrighowgateGrimsby DN32 0QE |
| **Team Contact Details** | E-mail: NAV.OpenMinds@nhs.netTelephone: 01472 625100 (Core IAPT), 01472 583000 (LTC)Website: www.navigocare.co.uk/open-minds/ |
| **Team Aim/Overview** **Open Minds: Core IAPT** offers support to the 2 in 5 people aged 16 and above who are experiencing mild to moderate mental health issues such as stress, anxiety and depression. We encourage self-referral, offer quick access and support to maintain positive mental health and well-being through a range of NICE approved evidence based treatments, also known as talking therapies. Our staff can offer a range of therapies and support options such as:* Guided self-help; which focuses on empowering you to make changes to how you feel.
* Cognitive Behavioural Therapy (CBT); a talking therapy that looks at our thoughts, feelings and behaviour.
* Mindfulness is a practical tool which helps reduce symptoms of stress and low mood by promoting awareness, relaxation, and compassion. It teaches us to focus on the present moment, usually by meditations.
* Counselling helps to address difficult life events.
* Other talking therapies are provided by qualified therapists at Open Minds to help with a range of difficulties such as relationships or sexual problems.
* Employment Specialists are available to support people who are employed to stay in work or help people return to work if they are signed off.
* We can signpost you to local or national services that can offer additional support.

Long Term Conditions ServiceHaving a long term condition, such as COPD, epilepsy or diabetes, can affect all areas of our life, not just our physical health. Open Minds is now providing a new service to help people with long term conditions maintain the best possible health and wellbeing. The service offers Cognitive Behavioural Therapy (CBT), Interpersonal Psychotherapy (IPT) as well as Eye Movement Desensitisation and Reprocessing (EMDR). Our aim is to give people tools with which to manage their mood and condition, in order for them to feel happier, healthier and more in control of life.  |
| **Team Referral Route**  | Referrals can be via an electronic referral form from GPs and other professionals via Single Point of Access NAV.SinglePointofAccess@nhs.net or individuals can self-refer on-line, by telephone or face-to-face at the Osborne Street offices.  |