

An Introduction to Islington Talking Therapies

An introduction to our Step 2 offer of Low-Intensity Cognitive Behavioural Therapy



Introductions

Bianca Schlotterbeck: Senior Psychological Therapist, Islington
Talking Therapies

Lucy Tutty: Psychological Wellbeing Practitioner, Outreach Team,
Camden & Islington Talking Therapies



Camden and Islington
Talking Therapies

Updates

- New name: Islington NHS Talking Therapies (NHSTT)
- Promotional materials and information

NHS
North London
Talking Therapies

Feeling worried or down?

North London NHS Talking Therapies can help.

We offer free, confidential, and effective treatments for anxiety and depression.

You can access therapy in a way that suits you — in person, by phone, or online.

Seeking support for your mental health is a sign of strength.

You can talk to your GP or self-refer via www.northlondonmentalhealth.nhs.uk/talking-therapies

Deputy Clinical Lead
for North London NHS
Talking Therapies



for anxiety and depression

NHS Talking Therapies in Barnet, Camden, Enfield and Islington is provided by North London NHS Foundation Trust



NHS
North London
Talking Therapies

“I would like people from ethnic minorities to know how transformational NHS Talking Therapies can be.”

Psychological Wellbeing Practitioner,
North London NHS Talking Therapies



You can talk to your GP or self-refer via www.northlondonmentalhealth.nhs.uk/talking-therapies



for anxiety and depression

NHS Talking Therapies in Barnet, Camden, Enfield and Islington is provided by North London NHS Foundation Trust

NHS
North London
Talking Therapies

“As someone from the Turkish community, I want you to come forward. There is no shame in asking for help.”

Cognitive Behavioural Psychotherapist
working with the Turkish community



You can talk to your GP or self-refer via www.northlondonmentalhealth.nhs.uk/talking-therapies



for anxiety and depression

NHS Talking Therapies in Barnet, Camden, Enfield and Islington is provided by North London NHS Foundation Trust

NHS

Camden and Islington
Talking Therapies

Who we see

- **Low Intensity GSH**: mild to moderate problems around general anxiety, low mood, panic, phobias, sleep problems and stress.
- **High-intensity CBT**: Blood/Injury/Needle phobia, Trauma/abuse/PTSD, Health anxiety, Social anxiety, OCD, long-standing depression or anxiety.
- Unsuitable for our service: Psychosis, Schizophrenia, Personality Disorder, Eating disorder, Bipolar Affective Disorder, Anger management if it is a primary problem (not caused by low mood or anxiety).

What We Do



Stepped care model

Talking Therapies

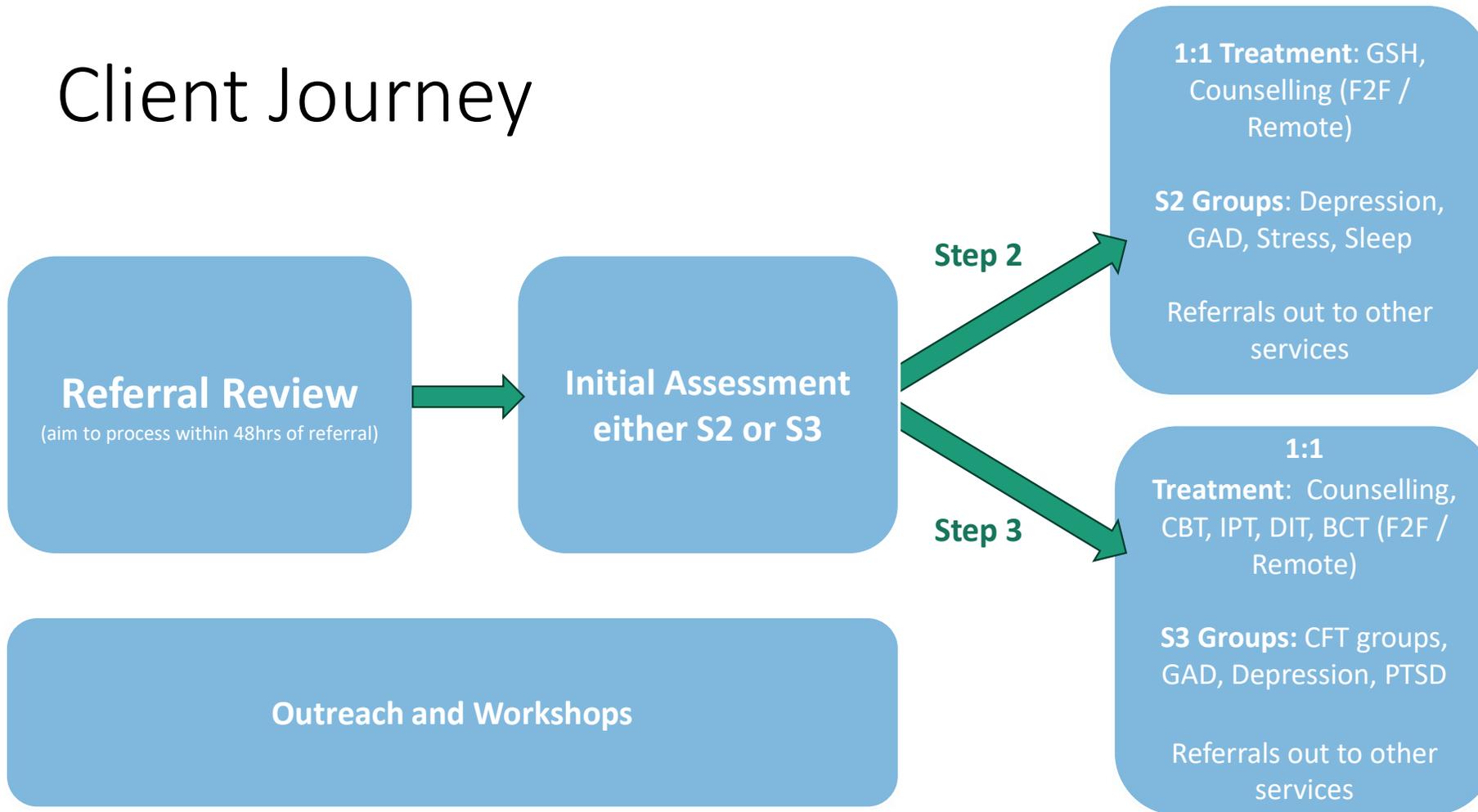
	Who is responsible for care?	What is the focus?	What do they do?
Step 5:	Inpatient care, crisis teams	Risk to life, severe self-neglect	Medication, combined treatments, ECT
Step 4:	Mental health specialists, including crisis teams	Treatment-resistant, recurrent, atypical and psychotic depression, and those at significant risk	Medication, complex psychological interventions, combined treatments
Step 3:	Primary care team, primary care mental health worker	Moderate or severe depression	Medication, psychological interventions, social support
Step 2:	Primary care team, primary care mental health worker	Mild depression	Watchful waiting, guided self-help, computerised CBT, exercise, brief psychological interventions
Step 1:	GP, practice nurse	Recognition	Assessment



When to refer elsewhere

- Individuals with **severe or complex Mental Health conditions** (e.g., severe depression, suicidal ideation, psychosis)
- Individuals who are **High-Risk** (Self-Harm, Suicide, or Harm to Others, Safeguarding, Domestic Abuse)
- Individuals with **significant cognitive impairments or dementia** (Post stroke, advanced dementia, moderate to severe learning disabilities)
- The patient struggles with **substance misuse** as the primary issue (specialist addiction services may be more appropriate)
- Patients who are not able to **engage with self-help approaches** or wish for in-depth counselling (wanting to talk things through or prefer a listening service)
- Seeking specific help with **social support** (housing, benefits, and financial)

Client Journey





What is Step 2?



Camden and Islington
Talking Therapies



Early warning signs of MH difficulties

- **Withdrawal:** Avoiding or pulling away from friends and family.
- **Anhedonia:** Losing interest in activities that were once enjoyable.
- **Mood changes:** Becoming more irritable or feeling indifferent.
- **Physical changes:** Experiencing changes in sleep patterns or appetite.
- **Struggling with transitions:** Having difficulty coping with major life changes, such as retirement, moving house, or changes to health.



Differences between low mood, anxiety, stress & insomnia

There is lots of symptom overlap between these four conditions.

Stress

Natural emotional and physical response to stressors.

Can include feeling anxious or sad, and sleep difficulties.

Chronic stress can lead to development of anxiety/depression.

Anxiety

Worrying about lots of different things.

Worries often feel disproportionate to the triggers.

Worrying can make it difficult to fall asleep, and can cause our body to feel restless

Depression

Feeling sad/low/numb for an extended period of time. Struggling to enjoy things we used to find pleasurable.

Can impact our concentration, motivation, and energy levels.

Can lead to oversleeping or undersleeping.

Insomnia

Long-term difficulties with sleep that can't be explained by other causes like anxiety, stress or depression.

Often worries will focus on how much sleep you get, or whether you will be able to cope the next day.



What do we offer
at step 2?



Camden and Islington
Talking Therapies



Guided self-help (GSH): typically, 30 minutes on a weekly basis for 3-6 sessions. structured, professional, accessible

- **Evidence-based** – Recommended by **NICE guidelines** for mild-to-moderate generalised anxiety disorder, depression, phobias and panic disorder
- **Early intervention** – Prevents symptoms from worsening and reduces demand on primary care
- **Accessible & flexible** – Delivered phone, video or face-to-face, fitting around patients' schedules, use interpreters

Community linking

- **Social prescribing services** (linking patients to local activities and peer support groups)
- **Employment support** (helping patients manage work-related stress or find job-seeking support)
- **Financial and housing support** (signposting to welfare advice, debt counselling, or housing services)





Groups: Structured psychoeducational sessions

- **Current groups:** Boosting your mood, managing worry, stress management, sleep
- **Typically run for 5 sessions** usually 5 sessions over 6 weeks and can be delivered in person or online
- **Provide a supportive environment** where individuals can learn and apply practical skills alongside others with similar experiences

Psycho-educational Workshops:

- **Current workshops:** Stress and Relaxation; Assertiveness; Perfectionism; Self Esteem;
- **All available online** (on demand) as 1-hour workshops – accessible to all
- **Suitable for** patients not ready for one-to-one therapy but still need support

N.B. We no longer offer computerised CBT (previously had access to SilverCloud)



Supporting LTC Pathways at Step 2



Diabetes (Type 1 & Type 2) – Managing distress related to lifestyle changes, treatment burden, or fear of complications.



Chronic Pain (MSK specific) – Coping strategies to reduce distress, pacing techniques, and activity management.



Cardiovascular Disease (CVD) – Addressing anxiety related to heart conditions, lifestyle changes, and post-event stress (e.g., post-heart attack anxiety).



Respiratory Conditions (e.g, COPD) – Managing breathlessness-related panic, lifestyle impact, and medication adherence.



Long COVID – Managing fatigue-related anxiety, adjusting expectations, and maintaining activity levels.

Step 2 LTC support



Psychoeducation – Helping patients understand the mind-body connection

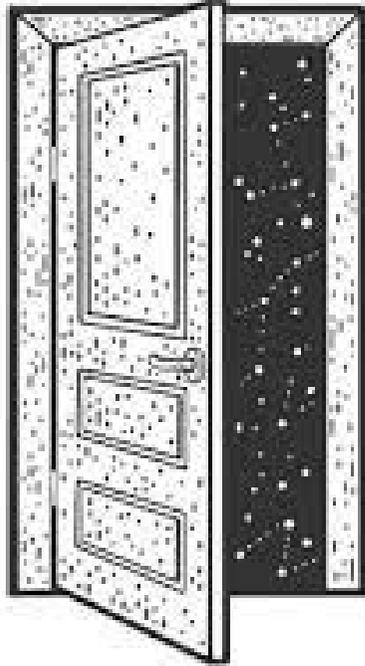
Adapted GSH: e.g. behavioural activation and pacing - encouraging engagement in valued activities despite health limitations

Problem-Solving: supporting patients in overcoming condition-related challenges

LTC Groups: including managing persistent pain, long covid, Living Well with LTC group

Signposting: other services suited to meeting patient needs including expert patient programme, recovery college

Self-referral



- You can self-refer by completing the referral form online or phoning our service directly.
- List of our resources, treatment offered, groups, workshops are also listed on our website.
- **Self-referral form:** [Refer yourself to iCope](#)
- **Email:** nlft.icopecamden.referrals@nhs.net & nlft.icopeislington.referrals@nhs.net
- **Telephone:** 02033177252

Professional referrals

You can also ask your GP (or other professionals) to make a referral on your behalf. They can do so on our website here:

[Professional referrals to Camden and Islington Talking Therapies - Camden and Islington NHS Talking Therapies](#)



Summary

Wait Times & Accessibility

- Assessment Wait Time: up to **2 weeks** from referral
- Treatment Wait Time: approximately **6-8 weeks** from assessment

Minimum Age: 17.5 years old

Early intervention and prevention

- Seeing patients sooner reduces severity of mental health problems

Improving access and awareness

- Reaching more people needing mental health support



Emergency Mental Health Support

- Camden & Islington Crisis Team: 0800 917 3333
- Home Treatment Team (HTT) provides short-term specialist support and treatment for those aged 65+ who are experiencing a mental health crisis. The team provide a rapid response, time-limited intervention for older adults in a mental health crisis, delivered in a person's home.
- HTT number: 0333 200 7193.
- The service aims to assess patients within four hours of receiving a referral (depending on the identified risks) and works with patients for a period up to six weeks, with initially daily visits (if tolerated) and an aim to reduce these gradually.



Questions?



**Camden and Islington
Talking Therapies**