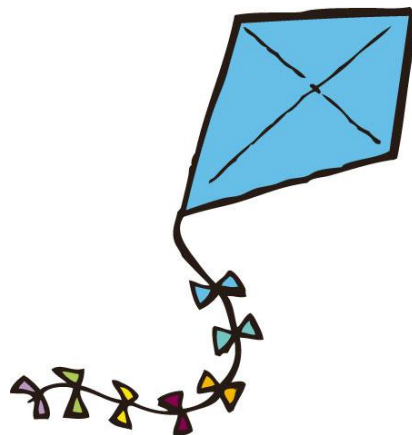


Confidentiality

Confidentiality is very important to us and can be discussed at any time with your therapist.

Records of your treatment will be stored electronically. Only staff within the IAPT Team will be able to access these unless you agree to share them with others e.g. your GP practice. Permission for any sharing of records will be discussed with you.

However, as for all the NHS, specific information may need to be communicated to other professionals (even if you don't want us to) should there be risk of harm to yourself or other people, issues of protection to children or vulnerable adults, or threats to the State.



Contact Information

South IAPT Team
The Ridge Medical Centre
Cousen Road
Off Great Horton Road
Bradford
BD7 3JX

Tel: 01274 425683

We are staffed Monday to Friday 9am to 5pm. You can leave a voicemail out of these hours, and someone will call you back as soon as possible.

How do I attend the course?

If you are interested in attending, then please call 01274 425683 and tell the admin worker you are self-referring for the Mood Matters course

The admin worker will then collect some information from you. Please note that records around you and group attendance will be stored electronically. This will be discussed in more detail with you at the telephone appointment

You will then be given a time and date for a short telephone appointment, where information will be gathered to see if you are suitable in the group

We will also discuss with you if we think something else may be more appropriate in the team

You will then receive a letter detailing the next time and date of the group. If you cannot attend this group then contact the office for details of other group dates



Mood Matters Course Information Leaflet

IAPT Improving Access to Psychological Therapies

What Is Mood Matter?

Mood Matters is a group intervention for low mood and depression, developed by a Primary Care Mental Health Service similar to ours in Glasgow. It is based on cognitive behavioural therapy (CBT). Decades of research have demonstrated that CBT can be an effective treatment for a range of psychological problems, including depression. CBT can be delivered in a number of ways, including small group formats like Mood Matters.

You will be provided with a pack of informative written material, covering topics such as:

- Introduction to Low Mood and Depression
- Challenging behaviour through activity scheduling
- Introduction to how thoughts impact out emotions
- How to challenge negative thoughts
- Techniques to improve sleep and relaxation
- Relaxation CD given for home use.

What Does It Involve?

We offer Mood Matters in a class format:

- Sessions are run once a week for 6 weeks
- Each session lasts two hours with a short break
- The sessions are run on a large scale with 10-20 people attending at a time
- Mood Matters will help you apply CBT to your problems through:
 - teaching from presentation and written materials
 - homework tasks to apply and test out what you learn
 - discussion in pairs and small groups
- The choice of venue aims to enable people to feel as comfortable as possible
- Refreshments are available during the break
- Each session is run by two or three mental health professionals with CBT training
- Patients are asked to bring a pen and reading glasses if required to sessions