

Community Mental Health in Bristol, North Somerset and South Gloucestershire

NHS Talking Therapies: one size does NOT fit all!

NHS Talking Therapies is the new name for **counselling and psychotherapy provided by the NHS** (formerly known as IAPT, Improving Access to Psychological Therapies). **A previous wide range of relational therapy options has been reduced** to a predominant use of short-term CBT (Cognitive Behavioural Therapy)

It's time for **local communities to be given the range of mental health support we need**

Let's **invest in people**, not manipulated data (see over)



Vita Health hold the monopoly in local NHS Talking Therapies but provide very limited choice...

- The company *Vita Health* won the **£77 million contract** for providing local NHS Talking Therapies for common mental health problems
- In 2021-22, **30,000** people asked for therapy help and **5,000** “recovered”. By **manipulating** the data, this is called a 50% success rate
- Of the 21,000 people who dropped out, **most won't be followed up**
- Although CBT and psycho-educational groups can be helpful, they do not suit everybody, and yet they compose **94%** of all therapy offered
- There is **no independent evaluation** of NHS Talking Therapies
- The **waiting list** between 1st and 2nd session is **now over one year**
- **Burn out, depression and anxiety are common amongst therapists**, reflecting the assembly-line conditions of this data-centric service

... let's bring empathy and relationship back into NHS therapy

**Choice matters!
Many of these therapies are not available or are restricted on the NHS:**

- psychodynamic psychotherapy
- humanistic therapies
- interpersonal therapy
- art therapies
- psychoanalytic psychotherapy
- cognitive analytic therapy
- EMDR (Eye Movement Desensitisation and Reprocessing)
- family and couple (systemic) therapy
- gestalt therapy

What can I do?

- **Write to your MP** and tell them that choice matters in mental health. Tell them that the 'one size fits all' model is not working
- Scan the **QR code** to **sign our petition**
- Visit the following **websites** to **find out more:**



<https://uaccess2ct.co.uk/>

<https://keepournhspublic.com/>

<https://protectournhs.wordpress.com>

