



# Improving Access to Psychological Therapies Doncaster (IAPT)

We provide talking therapies for people experiencing common mental health problems

If you have experienced any of the following for more than two weeks, please contact us.

- Depression
- Anxiety
- Phobia
- Panic
- Post-traumatic stress disorder (PTSD)
- Obsessive compulsive disorder (OCD)

For a confidential consultation  
please ring us on **01302 565556**



Or visit our website:  
**[iapt.rdash.nhs.uk](http://iapt.rdash.nhs.uk)**