

27 May 2020

**Seek help now and get the care you need; we're ready to treat you.**

After experiencing several weeks in lockdown, we understand the impact this may be having on many peoples' mental health. This is the time to seek help and get the care you need. If you are feeling distressed, anxious or depressed, then please take steps to get better and reach out for help.

As many more people acknowledge they are feeling low due to the extraordinary circumstances we are living through, you may think that what you are feeling is normal or that your symptoms are not severe enough to get support. You may also think that by going to your GP, you are putting increased pressure on the NHS, or you may not realise that mental health services are still open and available during this time. We want to reassure you this is not the case, and we are working with the NHS closely to make sure services are up, running, and we are ready to treat you.

Mental health services in the UK are regarded as essential, and if you are experiencing symptoms, you can still get access to remote therapy from home. At Ieso, people are our first priority, and our online CBT service is available and open as usual, with our experienced team of therapists and practitioners ready to support your needs and provide treatment for better management of mental health. In April, we treated a record number of patients, after increasing our capacity to ensure digital mental healthcare can meet demand.

We provide cognitive behavioural therapy (CBT), which is a form of psychological therapy that helps you understand how some of your thoughts affect your actions and feelings which can improve how you feel, day-to-day. With our service, therapy takes place online, making it much easier to access, as well as less daunting. Online CBT is the same as face-to-face CBT; the only difference is that you type your responses. You're still in a one-to-one conversation with a fully qualified therapist, usually for 60 minutes each session. Evidence shows that just as many people feel better after treatment compared to face-to-face treatment.

Our service is available to NHS patients across many parts of the UK. You can check to see if our service is available in your area online at [iesohealth.com](https://iesohealth.com). Alternatively, you can talk to your GP, who will guide you to your local mental health service.

We understand navigating this uncharted territory is hard and, but it is more important than ever to make sure your mind stays healthy and that you take steps to get better if you are feeling unwell. We are here and ready to help you in any way we can.

Yours sincerely,



Sarah Bateup

Chief Clinical Officer, Ieso Digital Health

Find our latest COVID-19 updates: [www.iesohealth.com/covid19](https://www.iesohealth.com/covid19)