

Directions for use: Please use the below template with a high-resolution version of the ICS Digital Therapies logo. Please also check the hyper link correctly directs to www.icsdigitaltherapies.com

Website blurb for IAPT Services

ICS Digital Therapies has been commissioned by **South West London and St Georges NHS Trust** to deliver digitally enabled talking therapies to adult **Merton** residents.

We're delighted to be offering ICS Digital Therapies as part of **Merton Uplift** service. ICS Digital Therapies are leading the way in digital treatment and offer appointments 7 days a week from 8am-10pm. You can receive your sessions in your preferred language via online messaging, audio and secure video – it's your choice!

How do I access ICS Digital Therapies?

We will ask whether you're interested in receiving your assessment or therapy digitally. If yes, we will refer you to ICS Digital Therapies whose team will contact you and get you booked in quickly for an appointment at a time that works for you.

Why choose ICS Digital Therapies?

- Faster access to therapy
- Research shows there is no difference in outcomes between digital therapy and face-to-face
- Accessible at a time and date that suits you
- Removes the need to travel to and from appointments
- Simple to use
- Available across all devices – smartphone, tablet and PC
- Zero digital footprint
- You can learn more about ICS Digital Therapies by [clicking here](#)

What do patients say about ICS Digital Therapies?

"I appreciate the flexibility that working online offers, and the flexible appointments offered by the service. The system has been straight forward to use too."

"By working from the comfort of my own home, in an environment I feel safe in, and with a therapist that is engaging and supportive, this was the best therapy I've had."

"I was initially apprehensive about doing appointments online but I'm so glad I stuck to it! I'm so pleased mental health services are embracing technology... I hope that more people are able to access therapy remotely and benefit from it as much as I have."