

## 15. Interventions for Psychological Care

Depending on the patient's psychological needs and preferences, the following are options for self-management or referral:

Self-management	
All patients	Websites: <a href="http://www.britishpainsociety.org">www.britishpainsociety.org</a> <a href="http://www.painconcern.org.uk">www.painconcern.org.uk</a> <a href="http://www.painsupport.co.uk">www.painsupport.co.uk</a> <a href="http://www.painaction.com/">http://www.painaction.com/</a> <a href="http://www.paintoolkit.org/">http://www.paintoolkit.org/</a>
All patients	Patient information leaflet on mood and activity: <a href="#">Chronic Pain Self-care Guide</a>
Patients with particular symptoms of anxiety or depression	Internet-based therapies for anxiety or depression: <a href="#">MoodGYM</a> (free online access), <a href="#">Beating the Blues</a> (available via the NHS), <a href="#">Fear Fighter</a> (primarily for panic disorder, available via the NHS), <a href="#">The Anxiety Online Program</a> (free online access)
Patients with particular symptoms of anxiety or depression	Online self-help groups: <a href="#">Big White Wall</a> (only provided for members of the armed forces)
Referrals	
Patients with symptoms of anxiety or depression	Improving Access to Psychological Therapy (IAPT)