

## Appendix 1

### National Policy Context for Talking Therapies

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- Our Health, Our Care, Our Say (June 2005)
- Layard R. Mental health: Britain's biggest social problem? 2005
- The depression report: A new deal for depression and anxiety disorders. London:LSE Mental Health Policy Group. (2006)
- Initial evaluation of the two demonstration sites by David M Clark, Richard Layard, and Rachel Smithies LSE Centre for Economic Performance Working Paper No. 1648
- Putting People First (DH 2007)
- No Health without Mental Health (2011)
- Talking Therapies: A four year plan of action' (2011).

### NICE Guidance for Primary Care Talking Therapies

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- CG 90 Depression in adults
- CG91 Depression in adults with a chronic physical health problem
- CG 113 Generalised anxiety disorder and panic disorder (with or without agoraphobia) in adults
- CG31 Obsessive Compulsive Disorder (OCD) and Body Dysmorphic Disorder (BDD)
- CG26 PTSD
- CG16 Self-harm:The short term physical and psychological management and secondary prevention of self-harm in primary and secondary care.
- CG 123 Common Mental Health Disorders
- CG78 Borderline Personality Disorder
- CG45 Antenatal and postnatal mental health

