**Introduction**

The main aim of the project was to increase access to low intensity evidence-based, psychological therapies. Our expectation was that by so doing we would increase capacity for provision of higher intensity therapies. This was done through development of a website - Access Therapies Fife - which supported self-referral to a range of low-intensity therapies, thereby removing the need for GP referral.

The website:
- Offers the option of self referral to a range of low intensity therapy groups
- Patients can select the date and location
- Sign-posts to local and national resources
- Provides self-help material

**Method**

Incremental testing of:
- Marketing approach
- Uptake of services offered through website
- Impact of marketing on website traffic
- Collating data
- Producing monthly update reports
- Communications plan
- QR code

**Conclusions and Next Steps**

- The self referral process had positive feedback from patients and GPs and an increase in requests to access the services offered.
- We are in the process of adding 3 additional self referral options to the website. This will offer low intensity therapies for children and families.
- The decrease in the number of referrals for assessment could be as a result of GPs both directing patients to the website to self-refer and/or patients by-passing their GPs to access services directly.
- If continued over time this reduction will increase capacity for provision of high intensity therapy within the “Primary Care” tier of the AMH psychology service.
- Discussions are underway to increase the number of groups to cope with demand.

The website has had an impact on the referrals to the “Primary Care” tier. The average waiting time for self referral is around 6 weeks.

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