

Talking Therapies in City and Hackney

A free confidential NHS service offering help for difficulties such as:

- Stress
- Motivation or low confidence
- Frustration about not living up to own expectations
- Excessive worry or panic attacks
- Depression
- Problems at work
- Sleep
- Relationships
- Trauma-related stress
- Coping with medical conditions
- Obsessions and compulsions

Ways to access the service - If you would like to find out more about this service, you can speak directly to them on Tel: 020 7 683 4278 or complete a self-referral form on their website: www.cityandhackneytalkingtherapy.nhs.uk.

You can also discuss a referral with your GP. Please note that they are only able to see patients who are registered with City and Hackney GP's.