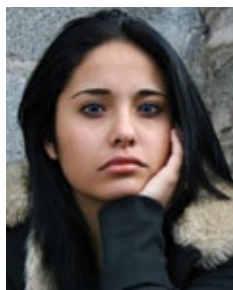
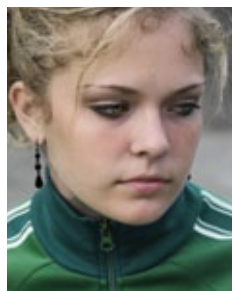


# The right kind of help when you need it



**Talking Therapy in City and Hackney**

[www.cityandhackneytalkingtherapy.nhs.uk](http://www.cityandhackneytalkingtherapy.nhs.uk)

# *Our Talking Therapy is more than just talk - it's about overcoming problems and achieving your potential*

**We are 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

## **We offer:**

**Cognitive behavioural therapy (CBT) and Guided self-help** help people make changes in the 'here and now' to improve how they feel & resolve problems. The focus is on **what people think & do** and how this affects the way **they feel & function** in life. Therapists help you to understand the nature of your difficulties and agree set goals to work on to overcome them.

**Interpersonal therapy for depression (IPT) and Couples therapy** focus on interpersonal factors that contribute to individual & relationship difficulties.

**Workshops** provide information about managing stress, improving sleep & other problems.

**Mindfulness-based interventions** are group-based courses targeted at depression, anxiety or coping with medical conditions. We offer "taster" sessions as well as eight week courses. We can provide interpreters in a variety of languages such as Turkish and Vietnamese.

## **Ways to access our service**

If you would like to find out more about our service, you can speak directly with us tel: **020 7683 4278** or complete a self-referral form on our website: **[www.cityandhackneytalkingtherapy.nhs.uk](http://www.cityandhackneytalkingtherapy.nhs.uk)**

You can also discuss a referral with your GP. Please note that we are only able to see patients who are registered with City & Hackney GPs.