

## Not coping? Feeling low? Stressed out? Difficulty relaxing?

Every year, one in four of us will experience a mental health difficulty\*, so you're not alone and help is at hand.

Let's Talk IAPT (Improving Access to Psychological Therapies) offers free, confidential and evidence-based talking therapy if you're aged 16 and over.

We are an NHS service for those registered with a GP in the London boroughs of Barnet, Enfield or Haringey.

During the therapy sessions, you can:

- Take the time to talk
- Identify and change unhelpful behaviours or thoughts
- Identify your strengths
- Set goals to work towards
- Receive guidance around problem solving

\*Source: www.mind.org.uk (2015)



## What treatment is available?

Let's Talk IAPT is a team of trained therapists, counsellors and psychologists.

Therapy can take place over the phone, face-to-face or online – whatever works best for you.

We can help you with a range of common problems (including low mood, panic, worry, anxiety, trauma, obsessions or compulsions) by offering:

- Cognitive behavioural therapy (CBT)
- Guided self-help (GSH)
- Counselling
- Wellbeing workshops for a range of community groups and organisations
- Employment support and signposting
- Advice on other services that may be helpful for you

We offer assessments and therapy in English and in some other languages.

Interpreters are available on request and we can provide a range of written guides and materials in other languages.

## How can I get help?

For more information or if you would like to refer, visit [lets-talk-iapt.nhs.uk](http://lets-talk-iapt.nhs.uk) or show this leaflet to your GP. Alternatively:

Telephone: Barnet IAPT 020 8702 5309  
Email: [lets-talk-barnet@nhs.net](mailto:lets-talk-barnet@nhs.net)

Telephone: Enfield 020 8702 4900  
Email: [lets-talk-enfield@nhs.net](mailto:lets-talk-enfield@nhs.net)

Telephone: East Haringey 020 8808 5833  
Email: [lets-talk-haringey-east@nhs.net](mailto:lets-talk-haringey-east@nhs.net)

Telephone: West Haringey 020 3074 2299  
Email: [lets-talk-haringey-west@nhs.net](mailto:lets-talk-haringey-west@nhs.net)

We aim to offer you an assessment within two weeks of making contact with you.

Your first appointment will be a 30-40 minute telephone assessment and will include a discussion with you about the best treatment for your needs (face-to-face appointments are available on request).

A number of early morning and evening appointments are available.

"This was really helpful, I feel more confident than when I first began. The therapist was really encouraging, friendly and remembered details which made me feel important and like an individual"

Patient Experience Questionnaire

## Useful contacts

### Samaritans

Call free: 116 123

24 hour listening and emotional support

### MIND Infoline

0300 123 3393

Monday to Friday, 9am to 6pm  
(except bank holidays)

### Shelter Advice Helpline

0808 800 4444

Monday to Friday, 8am to 8pm  
Weekends, 8am to 5pm

### National Debtline

0808 808 4000

Monday to Friday, 9am to 9pm  
Saturday, 9.30am to 1pm

### Cruse Bereavement Care

0844 477 9400

Monday to Friday, 9am to 5pm

### Citizens Advice Bureau (CAB)

Visit [citizensadvice.org.uk](http://citizensadvice.org.uk) for local numbers and further details

Monday - Friday  
9:00am - 5:00pm

438170

## For free translation phone

Për një përkthim falas telefononi

للترجمة المجانية الرجاء الاتصال هاتفياً

বিনামূল্যে অনুবাদের জন্য টেলিফোন করুন

Za besplatne prevode pozovite

欲索取免費譯本，請致電

Pour une traduction gratuite, téléphonez

Για δωρεάν μετάφραση, τηλεφωνήστε

મફત ભાષાંતર માટે ફોન કરો

निःशुल्क अनुवाद के लिए कृपया फोन कीजिए

بو تەرجومە کردنی بە خۆراشی تە لە فون بکه بو

Del nemokamo vertimo skambinkite

സൗജന്യമായ തർജ്ജമയ്ക്കായി ബന്ധപ്പെടുക

Po bezpłatna tłumaczenie prosimy dzwonić

Para uma tradução grátis, telefone

मुफ्त अनुवाद लयी लेन अरे

Перевод – бесплатно. Звоните

Para obtener una traducción gratuita llame al

Turjubaan la'ag la'aan ah ka soo wac telefoonka

இலவச மொழிபெயர்ப்புக்கு தொடர்புபிடி சேர்வோம்

Ücretsiz çeviri için telefon edin

Dé cón bán djch mién phí háy điệן thoại

مفت ترجمے کے لئے فون کریں

Also for Audio, Large Print and Braille, phone

**0800 952 0119**

© The Language Shop

# LET'S TALK

TALKING YOUR WAY TO  
BETTER MENTAL HEALTH



# LET'S TALK

[lets-talk-iapt.nhs.uk](http://lets-talk-iapt.nhs.uk)

Barnet, Enfield **NHS** and Haringey  
Whittington Health **NHS**  
Mental Health NHS Trust

iapt

Improving Access to Psychological Therapies

A free and confidential talking therapy service for Barnet, Enfield and Haringey