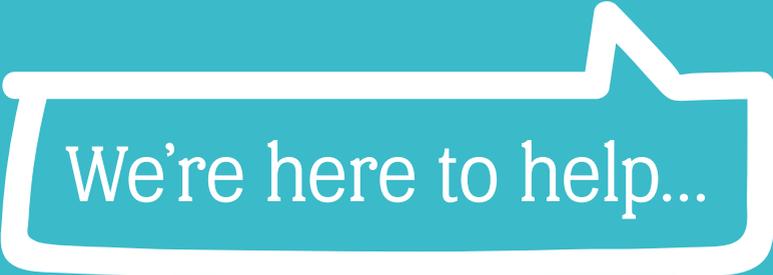


Work stress?  
Money worries?  
Difficulty sleeping?  
Feeling low?



We're here to help...



TALKING



Therapies

It can be difficult having to cope alone and it is often hard to see a clear way through. Whether your issues are caused by problems you face every day, or by events that have happened in your past – Talking Therapies can help.

We're a free and confidential NHS service that will work with you to help you feel better. We offer expert support from people who know what you're experiencing and our highly professional team will introduce you to effective, practical techniques that are proven to work.

**“My sessions with the specialist were really practical and gave me the tools I needed to manage situations.”**

Lauren

**“If I hadn't have seen the specialist it would have been a dark and lonely road. As soon as I spoke to her I knew she'd help me get better, I completely trusted her.”**

Melissa

(Keep this card somewhere safe, such as your wallet or purse, for when you may need our help.)

**NHS**

**Talking Therapies is a free and confidential NHS service that will work with you to help you feel better.**

**See how you can get started:  
[mytalkingtherapies.org.uk](https://mytalkingtherapies.org.uk)**

 /mytalktherapies

 @mytalktherapies

# What can Talking Therapies help with?

We provide expert advice and techniques to help a wide range of problems. Our team of specialists work closely with people who experience low moods, work and money worries, trouble sleeping, panic attacks, bereavement, phobias, and many more problems. Each session is tailored individually to you and your needs.

## How do I get started?

It's very easy to get started. The simplest way to contact the Talking Therapies team is by visiting [mytalkingtherapies.org.uk](https://mytalkingtherapies.org.uk). There you can contact us directly, as well as find out more about what we offer and read how we have helped others.

If you would prefer to speak to someone on the phone, or if you have any questions about whether Talking Therapies is right for you, you can call us on the following number:

### **Barking and Dagenham**

0300 300 1554 option 3 (9am – 5pm, Monday to Friday)

### **Havering**

0300 300 1554 option 2 (8am – 8pm, Monday to Thursday, 8am – 5pm, Friday)

### **Redbridge**

0300 300 1554 option 1 (9am – 5pm, Monday to Friday)

# What will happen once I have made contact?

Once you have contacted us we will call you to book in your first consultation with a member of the Talking Therapies team. We aim to speak to you within two weeks from the day you first contact Talking Therapies. The first consultation with a specialist takes place over the phone and lasts approximately 30 minutes.

If Talking Therapies is the right service for you, we will aim to offer a face-to-face appointment within four weeks from your phone consultation.

# How Talking Therapies has helped others

People hear the word therapy and they don't understand what it's about. It's about breaking your patterns and cycles so that you can learn how to feel better. You learn how to manage your feelings and about how to improve yourself and your health.

## Christine's story

Talking Therapies helps you separate your issues out, understand how to manage them and see a way through. It shows you how to sort out the muddle of your thoughts to help you feel better.

My specialist was excellent. They helped me talk about my life, feelings, and thoughts and brought my thought process to a new way of thinking. They help you see things from a new angle and to move forward with your situation. It's quite a natural process and it flows from a conversation, taking you through your thoughts and feelings to make them clearer. I'd definitely recommend Talking Therapies.

**“It shows you how to sort out the muddle of your thoughts to help you feel better.”**

## Kayleigh's story

Talking Therapies has helped me learn a lot of positive things. It helps you to look after yourself, be open about your issues and this can help improve your confidence and self-esteem.

People can be scared to talk about mental health for fear of judgement. There is nothing to be ashamed of. Before I'd not been able to see the light at the end of the tunnel, but now I'm looking to the future.

**“You learn how to manage your feelings and how to improve yourself and your health. When I met my specialist she immediately understood me and how I was feeling.”**