

Is everything getting a bit much?

Talking therapy

Whether you're feeling stressed, anxious, or low mood, having trouble sleeping, or coping with compulsive behaviours or phobias – whatever you may be dealing with, if you're about to turn 18 or are older you can chat with a qualified professional for free who can help get you back on track with an approach that is right for you. You don't need to struggle alone, get in touch with your local talking therapy team today:

Croydon

CroydonIAPT@slam.nhs.uk

0203 228 4040

www.slam-iapt.nhs.uk/croydon/welcome-to-croydon-iapt

Available at various locations in central Croydon and Purley, and at some GP surgeries across Croydon

Merton

020 3513 5888

www.mertonuplift.nhs.uk

Based at the Cricket Green Medical Practice and other community sites and GP surgeries across the Merton borough

Sutton

0800 032 1411

www.suttonuplift.co.uk

Based at the Jubilee Health Centre East, 6 Stanley Park Road, Wallington SM6 0EX

Kingston

cim-tr.kingston-icope@nhs.net

0203 317 7850

www.kingston.icope.nhs.uk

Based at Hollyfield House,
22 Hollyfield Rd, Surbiton KT5 9AL

Richmond

elft.rws@nhs.net

020 8548 5550

www.richmondwellbeingservice.nhs.uk

Based at the St Johns Health Centre,
Oak Lane, Twickenham TW1 3PA

Wandsworth

talkwandsworth@swlstg.nhs.uk

0203 513 6264

www.talkwandsworth.nhs.uk

Based at the Talk Wandsworth Hub, 56 Tooting High Street, London, SW17 0RN, and other GP surgeries and community sites across the Wandsworth borough

Talking therapies are more than just talking. From one-on-one or group counselling (in person, by telephone or virtual), to self-guided or online wellbeing courses and much more, together we'll find the right way to help you feel better. Search "NHS talking therapies" to find your local service.