

# Havering Talking Therapies

## Havering

0300 300 1554—option 2

9am–5pm, Monday–Friday

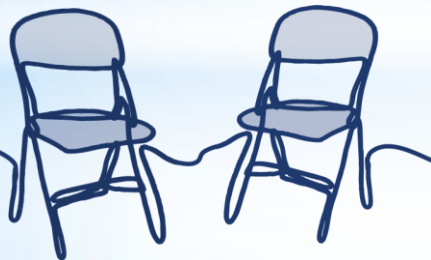
<http://www.mytalkingtherapies.org.uk/>



# Welcome to the Havering Talking Therapies Service

We provide a wide range of treatments and services helping those feeling distressed by difficult events in their lives as well as people concerning their mental health.

Talking  
therapies



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# What we do

- Offer free support for people experiencing mild to moderate depression and anxiety, including panic, Obsessive Compulsive Disorder (OCD), Generalised Anxiety Disorder (GAD), Health Anxiety, Social Anxiety, Post Traumatic Stress Disorder (PTSD), worry and stress.

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## What kind of therapy can we offer:

- Guided self help
- Cognitive Behaviour Therapy (CBT)
- Interpersonal Therapy (IPT)
- Dynamic Interpersonal Therapy (DIT)
- Behavioural Couples Therapy
- Eye Movement Desensitization and Reprocessing (EMDR)
- Counselling for depression
- Long Term Conditions group
- Anxiety and Depression group
- Older adults group
- OCD Group
- Mood and Worry Management group



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## Who we help

Our services are confidential, easy to access and available to people living in the London borough of Havering who are:

- 18+
- Registered with a Havering GP

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## How to refer

### Call:

- **0300 300 1554 – Option 2**  
(9:00am to 5:00pm, Monday to Friday)

We aim to see and assess everyone within two weeks of the day that they contact the service. The initial appointment takes place over the telephone and last approximately 30 minutes.

### Online:

- <https://www.talkingtherapies.nelft.nhs.uk>

or

- <https://www.mytalkingtherapies.org.uk/>

or

- <https://www.iaptportal.co.uk/nelhav.html>

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## What happens next

- Admin will take some details and arrange your telephone triage.
- We aim to speak to you within two weeks from the day you first contact Talking Therapies.
- 30 minute telephone triage slot is booked. During this call you will be asked some standard questions and given an opportunity to explain what you need support with (this is just to decide the best way we or another team can support you)
- The practitioner will discuss what we can offer and if you are happy will proceed with the plan e.g. LI, HI, signposting, pure self help, discussion at psychology panel if we feel another team may better suit your needs.

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## What to expect

- We offer a wide range of effective and practical techniques for anyone who is experiencing stress, anxiety, low mood, or depression.
- Our specialists will discuss the many ways in which we can help you. This could either be through workshops, group sessions, guided self-help using workbooks or online resources, or digital methods; or through one-to-one support.
- You will be in regular contact with your specialist and will be able to evaluate your progress on an ongoing basis.

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## Need help now?

- If you need urgent help, contact your **GP** or visit your local **A&E**
- Or if you want to speak to somebody on the other end of the phone:
  - Mental health direct telephone helpline (24 hours a day)  
**0300 555 1000**
  - The Samaritans (24 hours a day)  
**116 123**

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# If you are depressed, stressed or anxious Talk to us

## How we can help


We offer both individual therapy and group workshops using:

- cognitive behavioural therapy
- couples therapy for depression
- computerised CBT (Silvercloud)
- long term health conditions

## About us

Havering Talking Therapies IAPT is a service open to residents of Havering, 18 years of age and older and registered with a Havering GP.

The service is available at various locations across the borough, including GP practices and community venues.



“Talking about things really made a difference. I feel much better”

## Take your first step

- 📞 Call 0300 300 1554 (Option 2)
- ✉ Email [HaveringTalkingTherapies@nhs.net](mailto:HaveringTalkingTherapies@nhs.net)
- 👤 Speak to your GP
- 🌐 Visit <https://www.nelft.nhs.uk/services-talking-therapies>
- 🐦 Twitter @HV\_TalkTherapy
- 📘 Facebook @NELFTHaveringTalkingTherapies

