

Tower Hamlets Talking Therapies

71 Johnson Street
London
E1 0AQ



Self Referral Line - **0208 475 8080**



If you have a Smartphone with a QR code reader/ scanner app, you can scan the QR code which will take you straight to our website

The service is available to anyone who lives in Tower Hamlets or is registered with a Tower Hamlets GP

Confidentiality

We will not share any information that you give us without discussing this with you first and getting your consent. The only exception to this is if we consider that your life or the wellbeing of someone else could be at risk

Compliments, Comments and Complaints

We welcome feedback about our services so please contact the Patient Advice and Liaison Service on freephone **0800 085 8354** or email: elft.complaints@nhs.net

If you are not happy with the service and your treatment, please ask to speak to the service manager to try and resolve this. Or contact the PALS team. If you wish to make a complaint, you can call freephone **0800 085 8354** or

email: PALSandComplaints@elft.nhs.uk
or write to: Complaints and PALS Manager,
FREEPOST RTXT-HJLG-XEBE Trust Headquarters,
The Green, 1 Roger Dowley Court, Russia Lane, London E2 9NJ9

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Making a Positive Difference Through Talking Therapies

www.towerhamletstalkingtherapies.nhs.uk



0208 475 8080

Do you feel stressed or anxious?

Do you often feel upset and tearful?

Do you worry about college/university?

Do you have relationship difficulties?

Do you have employment and welfare concerns?

Do you find it hard to cope?

Is the adjustment to retirement or changes in your workplace getting you down?

Are you suffering from a long term medical condition or experiencing changes to your health and mobility that are hard to accept?

Everyone feels stressed or unhappy at some point in their life. Generally, these difficult times pass, but sometimes there are problems that do not go away and it becomes harder to cope.

Tower Hamlets Talking Therapies is a free and confidential NHS service for local people.

If you are 18 and over or (16-17) and not in full time education, we can offer quick and easy access to help and support.

75% of people who complete a programme of treatment make a full recovery

We can help you learn ways to better manage your emotions and thinking patterns with the aim of improving your mood and develop more effective coping strategies.

Our therapists will listen to you to understand how you have been feeling. They can then discuss your next steps to help you feel better about things, make changes you want to make and to feel more positive about your life.

We will work out a tailored plan to help you move forward either in face to face therapy sessions, in workshops or a course, or through an online wellbeing programme.

**Don't wait for things to get worse.
Don't struggle for too long.**

Take your first step now.

You can refer yourself by calling us on:

Tel: **0208 475 8080**

Or by visiting our website:

www.towerhamletstalkingtherapies.nhs.uk

Or contact your GP to arrange a referral.

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We will contact you to offer an appointment within a couple of days of receiving the referral.