

About Barking & Dagenham Talking Therapies

Welcome to Barking & Dagenham Talking Therapies. We provide a wide range of treatments and services helping those concerned by their mental health and feeling distressed by difficult events in their lives. Our services are confidential, easy to access, and available to people with a registered GP in the London borough of Barking & Dagenham.

Service Update - Coronavirus (COVID-19) - September 2020

We understand that these are uncertain and challenging times and we want to let you know that our service is still open to help you manage anxiety, low mood, stress, worry, sleep, and self-isolation.

We can offer online, self-help, telephone or video call support on an individual basis, and we are offering weekly group webinars covering a range of topics to take care of your emotional wellbeing at this time.

Please do take a look at their website for more information:

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

Contact us

- Self-refer for online, telephone or video call support.
- If you want to update us on your own circumstances or have any questions you can email us on bdtalkingtherapies@nhs.net
- If you don't have access to the internet, call **0300 300 1554 option 3** for self-referral or for any queries

For urgent support, contact your GP, Mental Health Direct 0300 555 1000 (24hrs) or Samaritans 116 123 (24hrs).

MENTAL HEALTH DIRECT

0300 555 1000



Best care by the best people



A registered charity

Here if you
need us

Talk to us,
we'll listen

Call free day or night on

116 123

Email

jo@samaritans.org

SAMARITANS

samaritans.org