

## **Barking & Dagenham Talking Therapies**

Barking & Dagenham Talking Therapies IAPT is a mental health service within the NHS that helps those struggling with stress, anxiety, low mood and worry.

In these unprecedented times, the NHS is working hard to provide support to members of the Barking & Dagenham community.

To adapt to the current circumstances, they are engaging our clients by delivering online group webinars and 1:1 therapy, alongside their usual telephone sessions. Their particular emphasis at this time is to help service users manage issues that may be arising from the current pandemic e.g. isolation, loss, anxiety, uncertainty.

Their service is available to anyone aged over 18, registered with a Barking & Dagenham GP.

Please do take a look at their website for more information  
<https://www.talkingtherapies.nelft.nhs.uk/barking-and-dagenham>.

In addition, anyone who is registered with a GP in England can self-refer to an NHS IAPT service:  
<https://www.nhs.uk/service-search/find-a-psychological-therapiesservice/>