

Worried? Talking Helps

If you feel low or anxious about what lies ahead or something is affecting you now, talk it through.

We provide a free confidential NHS Talking Therapies service for people who are struggling emotionally or have concerns about the impact of Covid-19 on themselves or loved ones. Our qualified therapists and counsellors provide consultations by phone or video call to help you cope.



Reach out, it helps to talk.

Refer yourself through our website www.talkingtherapies.cnwl.nhs.uk
Email: hillingdontalkingtherapies.cnwl@nhs.net or call 01895 206 800