

Tower Hamlets Talking Therapies

Service Overview

Overview

1. Tower Hamlets Talking Therapies
2. Who we work with?
3. Common Mental Health
4. What do we offer?
5. Referral Routes
6. Where are we based?

Tower Hamlets Talking Therapies

A range of evidence-based interventions which are universally accessible to individuals and families in the community.

A move towards life skills development for self-management.

Provided as close as possible to where people live and work.

Care which is based on the needs of the population.

Who we work with

18 years and older

Residents of Tower Hamlets

Registered with a **TH GP**

Experiencing **common mental health** issues – stress, anxiety and low mood

Willingness to **engage** in psychological interventions

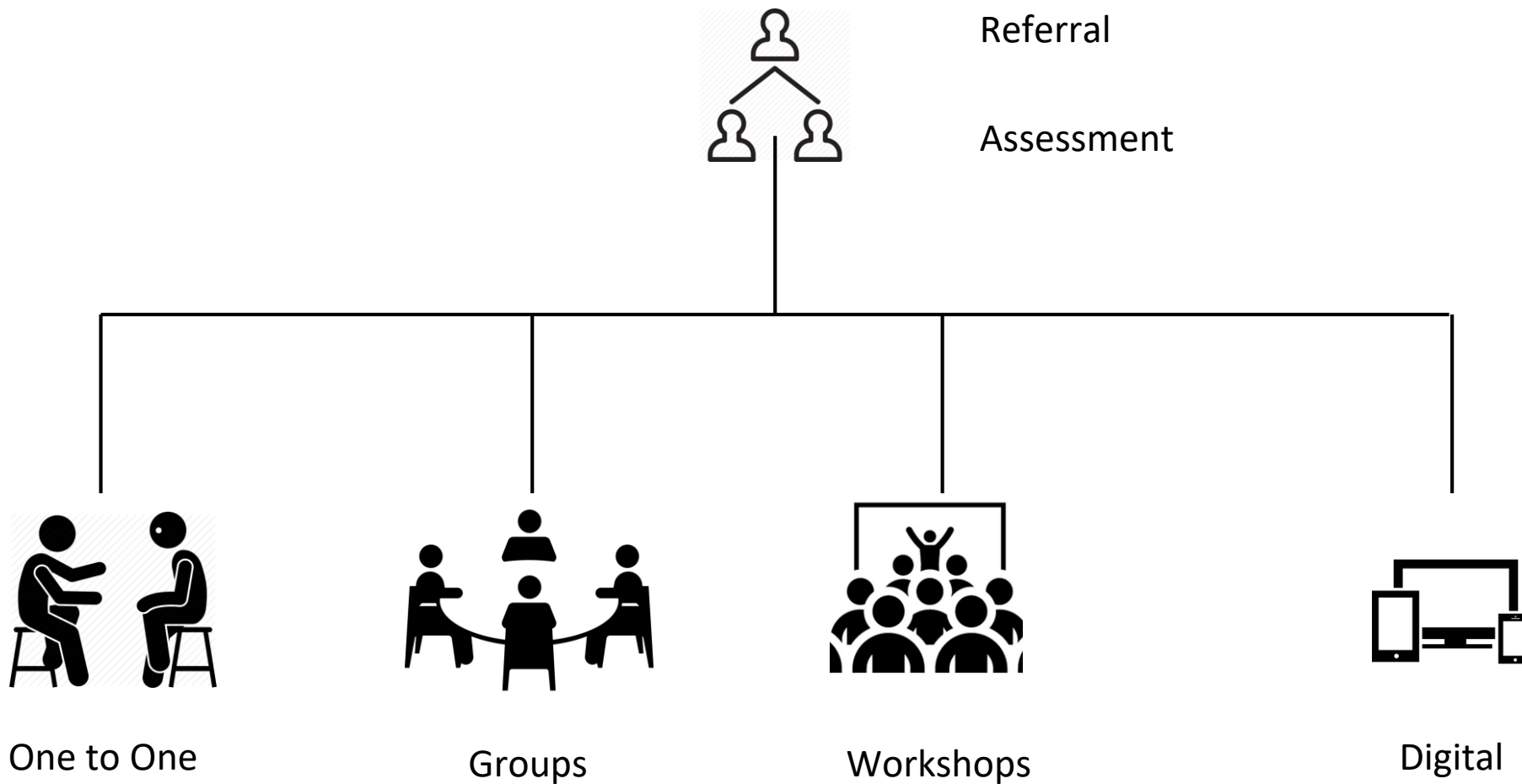
Common Mental Health

Low mood and **anxiety disorders** such as **generalised anxiety disorder**, panic disorder, obsessive-compulsive disorder (called OCD for short) and post-traumatic stress disorder (called PTSD for short).

Phobias about a specific thing (such as spiders) or situations (such as being embarrassed in front of other people).

Referred to as '**common**' because they affect more people than other mental health problems (up to 15% of people at any one time in the UK).

What do we offer?



Other services that we offer

In conjunction with



Bilingual Counselling



Employment
Support

Referral Routes

1) **Self refer** by visiting:

<https://towerhamletstalkingtherapies.nhs.uk>

2) **Calling** us at:

020 8475 8080

3) Or talking to your **GP**

Where are we based?

71 Johnson Street, London, E1 0AQ



Thank You