

# HARROW TALKING THERAPIES JUNE NEWSLETTER

## **Spotlight on one of our treatments: Mindfulness-based cognitive therapy (MBCT)**

Mindfulness-based cognitive therapy (MBCT) is a NICE recommended group treatment for people with mild to moderate depression, or those in remission with a history of depression who want to prevent future relapse. The 9 week course is suitable for people interested in Mindfulness as an approach, or those seeking to strengthen their coping resources.

**To refer:** Please refer/self refer as normal and mention an interest in MBCT.



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## What we offer

We offer CBT, counselling and a range of other NICE recommended treatments including guided self-help, interpersonal therapy, couples therapy and mindfulness groups for adults aged 17 + who are experiencing common mental health difficulties e.g. depression, anxiety, stress, bereavement and coping with long term conditions.

Appointments are available in person or by online video.

## How to refer

A GP or NHS staff member can refer a patient directly to our service or request patients to self-refer online via <https://talkingtherapies.cnwl.nhs.uk/harrow> or email [harrow.iapt@nhs.net](mailto:harrow.iapt@nhs.net)

Please note that our phone lines are often busy so telephone self-referrals are not preferred.



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## **Current waiting times**

### **Assessment waiting times:**

**1 week from referral**

### **Treatment waiting times:**

**Low Intensity CBT approx 1-2 weeks**

**High Intensity CBT approx 10 weeks**

**Counselling treatments approx 7-8 weeks**

### **Follow us on social media:**

**@HarrowTalkingTherapies**



**If you require any further information please contact Marc Balint, Clinical and Operational Lead via email: [marc.balint@nhs.net](mailto:marc.balint@nhs.net)**



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## Future events

Open to the public and NHS staff

**HOW TO PREVENT LOW SELF-ESTEEM  
FROM LIMITING YOUR LIFE**

**SKILLS WEBINAR**

**TUESDAY 27TH JUNE 2023  
6:00PM-7:00PM VIA ZOOM**

**SIGN UP VIA LINK BELOW**

**HARROW TALKING THERAPIES**



[TALKINGTHERAPIES.CNWL.NHS.UK/HARROW/WEBFORM](https://talkingtherapies.cnwl.nhs.uk/harrow/webform)

[HARROW.IAPT@NHS.NET](mailto:HARROW.IAPT@NHS.NET)

0208 515 5015

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