

HARROW TALKING THERAPIES OCTOBER 2023 NEWSLETTER

Future events

Open to the public and NHS staff

LOSS - FINDING A WAY THROUGH

SKILLS WEBINAR

TUESDAY 24TH OCTOBER 2023
6:00PM-7:00PM VIA ZOOM

SIGN UP VIA LINK BELOW

HARROW TALKING THERAPIES



TALKINGTHERAPIES.CNWL.NHS.UK/HARROW/WEBFORM
HARROW.IAPT@NHS.NET
0208 515 5015

NHS
Harrow
Talking Therapies

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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

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 3-4 weeks

Counselling treatments approx 11-12 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

NHS

**Harrow
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