

HARROW TALKING THERAPIES DECEMBER 2023 NEWSLETTER

Future events

Open to the public and NHS staff

MANAGING EMOTIONAL CHANGE DURING THE MENOPAUSE

SKILLS WEBINAR

WEDNESDAY 6TH DECEMBER 2023
5:30PM-6:30PM VIA ZOOM

SIGN UP VIA LINK BELOW

HARROW TALKING THERAPIES

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

SKILLS WEBINAR

MONDAY 11TH DECEMBER 2023
6:00PM-7:00PM VIA ZOOM

SIGN UP VIA LINK BELOW

HARROW TALKING THERAPIES



Scan here to sign up to our webinars and
drop-in sessions, or visit our website:

talkingtherapies.cnwl.nhs.uk/harrow/webform

NHS

Harrow
Talking Therapies

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Future events

Open to the public and NHS staff

FREE ONLINE MINDFULNESS DROP-IN SESSIONS

OPEN TO BEGINNERS AND ALL LEVELS OF EXPERIENCE

EVERY THURSDAY
4:30PM-5:00PM VIA ZOOM

SIGN UP TO ANY ONE OF OUR SESSIONS
VIA THE LINK BELOW OR USE THE QR CODE



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Current waiting times

Assessment waiting times:

1 week from referral

Treatment waiting times:

Low Intensity CBT approx 2-3 weeks

High Intensity CBT approx 5-6 weeks

Counselling treatments approx 5-6 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
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.