

# LET'S TALK

Whittington Health **NHS**

TALKING YOUR WAY TO  
BETTER MENTAL HEALTH

**Not coping?  
Feeling low?  
Stressed out?  
Difficulty relaxing?**



**We are a free and confidential  
talking therapy service for Haringey**

Don't struggle on without asking for help – make a change today.  
Telephone, face-to-face and online treatments are available at a time to suit you.

**For details**

**Visit: [lets.talkharingey@nhs.net](mailto:lets.talkharingey@nhs.net)**

**Call: 020 3074 2280 (Haringey IAPT)**

**Or ask your GP about us**

**iapt**

Improving Access to Psychological Therapies