



Lambeth **TALKING** Therapies

Your mind

It matters



Taking steps  
towards change

**Free and Confidential**

NHS service providing psychological therapies for adults **living** in Lambeth or with a **Lambeth GP**

[www.lambethalkingtherapies.nhs.uk](http://www.lambethalkingtherapies.nhs.uk)

## Feeling stressed, low or anxious?

Lambeth Talking Therapies offers free and confidential support to adults who live in Lambeth or who are registered with a Lambeth GP.

We help with a number of difficulties including:

- Depression and low mood
- Stress and worry
- Specific anxieties about social events, appearance, health, intrusive thoughts
- Difficulties with sleep
- Coping with traumatic experiences

## What support can we offer you?

We offer short term therapy and a range of different types of support and help including:

- Online therapy
- Workshops and groups
- Individual talking therapy
- Support with employment difficulties

Call us on **0203 228 6747** or go to our website [lambethalkingtherapies.nhs.uk](http://lambethalkingtherapies.nhs.uk) to find out more about the different options.

## Where do appointments take place?

We will try our best to find a suitable time and location that meets your needs. We currently offer a range of appointments via telephone or video. We also have community bases across Lambeth where we can offer face-to face appointments in locations such as Brixton, Streatham and Stockwell.

## What happens in the first appointment?

When we receive your referral, we will contact you to arrange an initial telephone consultation. This call is an opportunity to talk to you about your difficulties and discuss ways in which we can help.

This call tends to last around 30 minutes and we aim to offer this within a week of hearing from you.

If English isn't your first language, we can provide an alternative option for you.



Every time I've reached out they have been there without judgement or pre-conceived opinions.

MP, 48 year old female

## Respecting your privacy

All information is kept confidential within our service. The only time we would break confidentiality is if we are concerned about any risk of harm to yourself or someone else.

For more information visit our website:  
[lambethalkingtherapies.nhs.uk](http://lambethalkingtherapies.nhs.uk)

## Urgent help...

We are not an emergency service. If you are at immediate risk of hurting yourself or taking your own life, please use the following free options:

- Contact **111** for free NHS advice or **999** for an ambulance
- Contact the SLaM Crisis Support Team on **0800 731 2864**. For more information visit [www.slam.nhs.uk/crisis](http://www.slam.nhs.uk/crisis)
- Contact your **GP** for an emergency appointment
- Contact the **Samaritans** on **116 123** or [email jo@samaritans.org](mailto:jo@samaritans.org)

I've had great support from my therapist who encouraged and motivated me and has given me all the tools to continue with my journey.

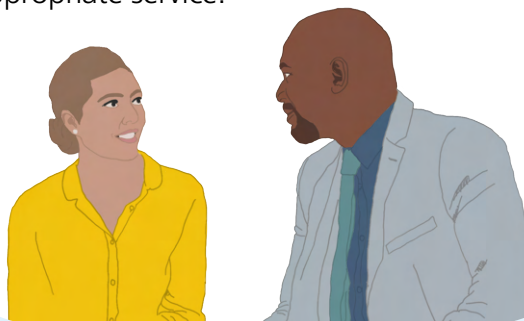
Nazmul, 25 years old male

## Is this service for me?

We have a diverse workforce of therapists and offer a range of support options. This can include therapy in a group, over the phone, through online programmes or one to one.

If there is something else you need, for example practical advice or support with finances or other difficulties, we can help link you with services who are able to help.

If our service isn't right for you, we'll suggest alternatives that are more likely to meet your needs and put you in contact with an appropriate service.



## Find out more

To take the first step, you can make an appointment any of the following ways:

1. Self refer via our website  
[www.lambethalkingtherapies.nhs.uk](http://www.lambethalkingtherapies.nhs.uk)
2. Speak to your GP about a referral
3. Contact us on the details below:

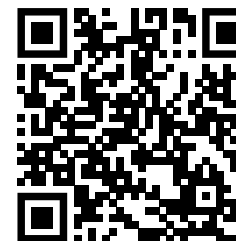
Tel: **020 3228 6747**

E: [lambethiaptadministrators@slam.nhs.uk](mailto:lambethiaptadministrators@slam.nhs.uk)

4. Or scan the QR code below

If English is not your first language we can offer you an appointment with an interpreter and discuss alternative options.

If you would like a large print or translated version of this leaflet, please ask us.



**NHS**  
South London  
and Maudsley  
NHS Foundation Trust