

Brent Talking Therapies

We're here to listen

Emotional support during the Coronavirus outbreak

We are providing a free confidential talking therapies service for people who have concerns about coronavirus. The support is offered by our team of therapists and counsellors, and consultations are currently provided by phone or video call. We will discuss with you the best way to offer help.



We can discuss various strategies and support to help you cope with the current situation

To find out more or refer yourself visit: cnwltalkingtherapies.org.uk

Email: cnw-tr.brent.iapt@nhs.net or call on 020 8206 3924

You can also get in touch with Brent council for support on 020 8937 1234 or visit their webpage: www.brent.gov.uk/coronavirus