

Talking Therapies Barking and Dagenham

An NHS therapy service

We can provide support with:

- Feeling stressed
- Feeling anxious
- Low mood
- Sleep difficulties
- Relationship difficulties



Over 18 and registered with a GP in
Barking and Dagenham?

You can make a referral here:

Call 0300 300 1554 opt 3
Or Scan QR Code

