

# Therapy Request Form

**NELFT NHS**  
NHS Foundation Trust

## Important information

You do not have to refer to order your repeat therapy - it is your choice. If you do not wish to refer now simply use this form for future reference.

Talking Therapies is a free confidential NHS service that will work with you to help you feel better.

## Patient details

Full Name: .....

How to refer:

Call: **0300 300 1554**

Date of birth: .....

Email address: .....

GP signature: .....

Online referral portals:

Barking & Dagenham



Havering



Redbridge



[www.talkingtherapies.nelft.nhs.uk](http://www.talkingtherapies.nelft.nhs.uk)

**TALKING**  
Therapies