

Hillingdon Talking Therapies

You are not alone

If something is worrying you, it can help to talk to someone about it - we're here to listen

We provide a free confidential NHS Talking Therapies service for people who have concerns about the impact Covid-19 is having on you personally. Our qualified therapists and counsellors offer consultations by phone or video call, to discuss ways to help you to cope with your difficulties or isolation.

Reach out, it helps to talk.

Refer yourself through our website at cnwltalkingtherapies.org.uk.
Email: hillingdontalkingtherapies.cnwl@nhs.net or call **01895 206 800**

You can also contact Hillingdon Council for support on 020 3949 5786
or visit our partnership webpage: covid19hub@hillingsdon.gov.uk

