

You are not alone

If something is worrying you, it can help to talk to someone about it. We're here for you.

We provide a free confidential NHS Talking Therapies service if you have concerns about the impact Covid-19 is having on you personally or are worried about something else. Our qualified psychological therapists and counsellors provide consultations by phone or by video call, to discuss ways to help you 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