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| **North East London** |
| 1. Barking & Dagenham, Havering, Redbridge and Waltham Forest   Talking Therapies (IAPT)  0300 300 1554  <https://nelft.nhs.uk/services-talking-therapies>   1. City & Hackney   City & Hackney Psychology  020 8510 5555  <https://www.elft.nhs.uk/services/city-hackney-psychology>   1. Newham   Newham Talking Therapies  020 8536 2161  <https://www.elft.nhs.uk/services/newham-talking-therapies>   1. Tower Hamlets   Tower Hamlets Talking Therapies  020 8475 8080  <https://www.elft.nhs.uk/service/425/Tower-Hamlets-Talking-Therapies> |
| North Central London |
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| 1. Barnet   "Let's Talk IAPT"  020 8702 5309  <http://www.lets-talk-iapt.nhs.uk/barnet/>   1. Camden   "iCope: Camden Psychological Therapies and Wellbeing Service (Camden iCope)"  020 3317 6670  <https://www.icope.nhs.uk/camden-islington/>   1. Enfield   LET'S TALK IAPT -Improving Access to Psychological Therapies (IAPT) in Enfield and Haringey  020 8342 3012  <http://www.lets-talk-iapt.nhs.uk/enfield/>   1. Haringey   Haringey Lets-talk IAPT  020 3074 2280  <https://www.whittington.nhs.uk/default.asp?c=10191&print=1>   1. Islington   iCope: Islington Psychological Therapies and Wellbeing Service (Islington iCope)  0303 123 1000  <https://www.icope.nhs.uk/camden-islington/> |
| North West London |
| 1. Westminster   CNWL Talking Therapies Service Westminster - (one services for CLCCG)  030 3333 0000  <https://www.cnwl.nhs.uk/services/mental-health-services/adult-and-older-adult/westminster-talking-therapies>   1. Harrow   Harrow Talking Therapies (IAPT) Service  020 8515 5015  <https://www.cnwl.nhs.uk/services/mental-health-services/adult-and-older-adult/harrow-talking-therapies>   1. Hillingdon   Hillingdon talking therapies  018 9520 6800  <https://www.cnwl.nhs.uk/services/mental-health-services/adult-and-older-adult/hillingdon-talking-therapies>   1. Brent   Brent Talking Therapies  020 8206 3924  <https://www.cnwl.nhs.uk/services/mental-health-services/adult-and-older-adult/brent-talking-therapies>   1. Kensington & Chelsea   Community Living Well – Psychological Therapies  020 3317 4200  <https://www.cnwl.nhs.uk/services/mental-health-services/kensington-and-chelsea-talking-therapies-service-community-living-well>   1. Ealing   Ealing IAPT  0800 328 4444  <https://www.westlondon.nhs.uk/our-services/adult/iapt/iapt-ealing>  Hammersmith and Fulham  IAPT Hammersmith and Fulham (Back on Track)  0800 328 4444  <https://www.westlondon.nhs.uk/our-services/adult/iapt/IAPT-Hammersmith_Fulham-back-track-iapt>  Hounslow  Hounslow IAPT Service  0800 328 4444  <https://www.westlondon.nhs.uk/our-services/adult/iapt/iapt-hounslow> |
| South East London |
| 1. Bexley Mind in Bexley IAPT   020 8303 8932  <https://mindinbexley.org.uk/iapt>   1. Bromley   Talk Together Bromley  0300 003 3000  <https://www.talktogetherbromley.co.uk/>   1. Greenwich   Time to Talk – Greenwich  020 3260 1100  <http://oxleas.nhs.uk/services/service/greenwich-time-to-talk/>   1. Lambeth   Lambeth Talking Therapies Service  020 3228 6747  <https://www.slam.nhs.uk/our-services/service-finder-details?CODE=SU0469>   1. Lewisham   IAPT Lewisham (Lee Health Centre)  0203 228 1350  <https://www.slam.nhs.uk/our-services/service-finder-details?CODE=SU0468>   1. Southwark   Talking Therapies Southwark  020 3228 2194  <https://www.slam.nhs.uk/our-services/service-finder-details?CODE=SU0094> |
| South West London |
| 1. Croydon   Croydon IAPT Psychological Therapies Service  020 3228 0515/84940  <https://www.slam.nhs.uk/our-services/service-finder-details?CODE=SU0489>   1. Kingston   Kingston iCope  0203 317 7850  <https://www.icope.nhs.uk/kingston/>   1. Merton   Merton Uplift  020 3513 5888  <https://www.mertonuplift.nhs.uk/>   1. Richmond   Richmond Wellbeing Service  020 8548 5550  <https://www.richmondwellbeingservice.nhs.uk/>   1. Sutton   Sutton Uplift  0800 032 1411/0203 513 4044  <https://www.suttonuplift.co.uk/>   1. Wandsworth   Talk Wandsworth  0203 513 6264  <https://www.talkwandsworth.nhs.uk/> |