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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 Psychology020 8510 5555<https://www.elft.nhs.uk/services/city-hackney-psychology>1. Newham

Newham Talking Therapies020 8536 2161 <https://www.elft.nhs.uk/services/newham-talking-therapies>1. Tower Hamlets

Tower Hamlets Talking Therapies020 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 Haringey020 8342 3012 <http://www.lets-talk-iapt.nhs.uk/enfield/>1. Haringey

Haringey Lets-talk IAPT020 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 therapies018 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 Therapies020 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>HounslowHounslow IAPT Service0800 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 Bromley0300 003 3000 <https://www.talktogetherbromley.co.uk/>1. Greenwich

Time to Talk – Greenwich020 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 Southwark020 3228 2194<https://www.slam.nhs.uk/our-services/service-finder-details?CODE=SU0094> |
| South West London |
| 1. Croydon

Croydon IAPT Psychological Therapies Service020 3228 0515/84940<https://www.slam.nhs.uk/our-services/service-finder-details?CODE=SU0489>1. Kingston

Kingston iCope0203 317 7850 <https://www.icope.nhs.uk/kingston/>1. Merton

Merton Uplift020 3513 5888<https://www.mertonuplift.nhs.uk/>1. Richmond

Richmond Wellbeing Service020 8548 5550<https://www.richmondwellbeingservice.nhs.uk/>1. Sutton

Sutton Uplift0800 032 1411/0203 513 4044<https://www.suttonuplift.co.uk/> 1. Wandsworth

Talk Wandsworth0203 513 6264<https://www.talkwandsworth.nhs.uk/> |