**What happens when you refer yourself**

**1. The service will contact you**

Someone from the talking therapies service will get in touch to ask about the problems you're having.

**2. You'll be recommended a therapy**

The therapy you're offered will depend on the problems you're experiencing and how severe they are.

The service will also tell you how long you'll wait for your first therapy session.

There are different types of talking therapies available, including online therapy programmes, but they all involve working with a trained therapist.

Read about the different [types of talking therapy](https://www.nhs.uk/conditions/stress-anxiety-depression/types-of-therapy/).

**Important**

You can also call [Samaritans](https://www.samaritans.org/how-we-can-help/contact-samaritan/) free on [116 123](tel:116123) if you want to talk to someone now.

[What happens next - Find an NHS talking therapies service - NHS](https://www.nhs.uk/service-search/mental-health/find-an-NHS-talking-therapies-service/what-happens-when-you-refer-yourself)

<https://www.nhs.uk.uk/service-search/mental-health/find-an-NHS-talking-therapies-service/what-happens-next-when-you-refer-yourself>