**Find an NHS talking therapies service**

If you live in England and are aged 18 or over, you can access NHS talking therapies services for anxiety and depression.

A GP can refer you, or you can refer yourself directly without a referral.

NHS talking therapies services offer:

* talking therapies, such as cognitive behavioural therapy (CBT), counselling, other therapies, and guided self-help
* help for common mental health problems, like anxiety and depression

**Problems that talking therapies services can treat**

The problems that talking therapies services can treat include:

* depression
* generalized anxiety
* social anxiety
* panic and agoraphobia
* other phobias
* obsessive-compulsive disorder (OCD)
* post-traumatic stress disorder (PTSD)
* irritable bowel syndrome (IBS)
* body dysmorphic disorder

You need to be registered with a GP to get talking therapies on the NHS.

If you're not registered with a GP, [read about how to register with a GP surgery](https://www.nhs.uk/nhs-services/gps/how-to-register-with-a-gp-surgery/).

[Find an NHS talking therapies services - NHS](https://www.nhs.uk/service-search/mental-health/find-an-nhs-talking-therapies-service)

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