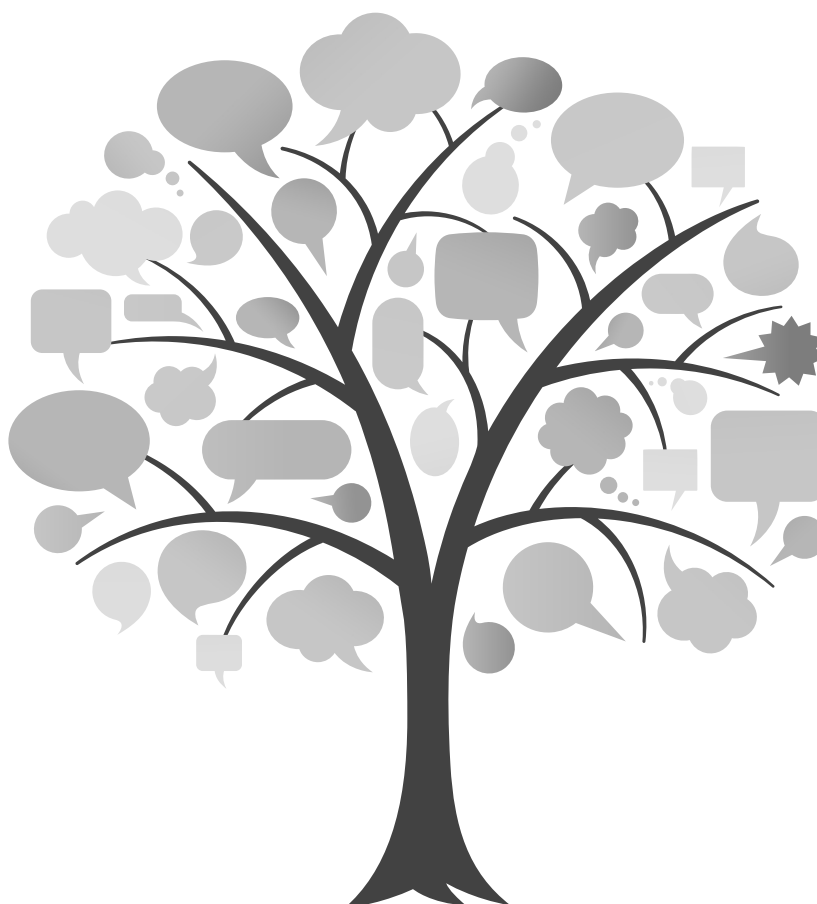


Welcome to Let's Talk IAPT

Barnet, Enfield and Haringey Psychological Therapies Service



Covering the North London Boroughs of Barnet, Enfield and Haringey Let's Talk Improving Access to Psychological Therapies (IAPT) is a free NHS, evidence-based, talking therapy service offering support for common mental health difficulties such as depression and anxiety.

Let's Talk IAPT are actively working for social change through anti-racism work and promoting inclusivity and equity. We welcome any feedback from service users that can support us to do this.



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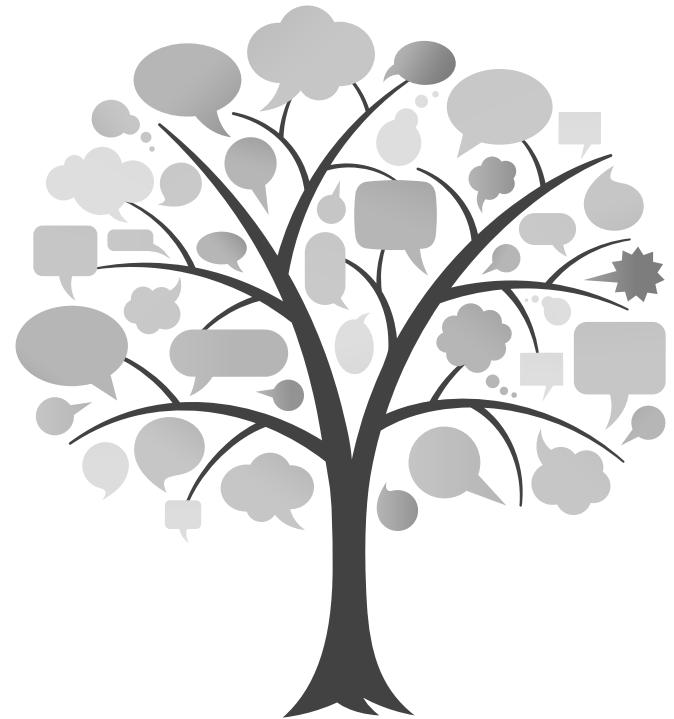
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Barnet, Enfield and Haringey Mental Health NHS Trust provides IAPT services for Barnet and Enfield. Haringey IAPT is provided by Whittington Health NHS Trust.



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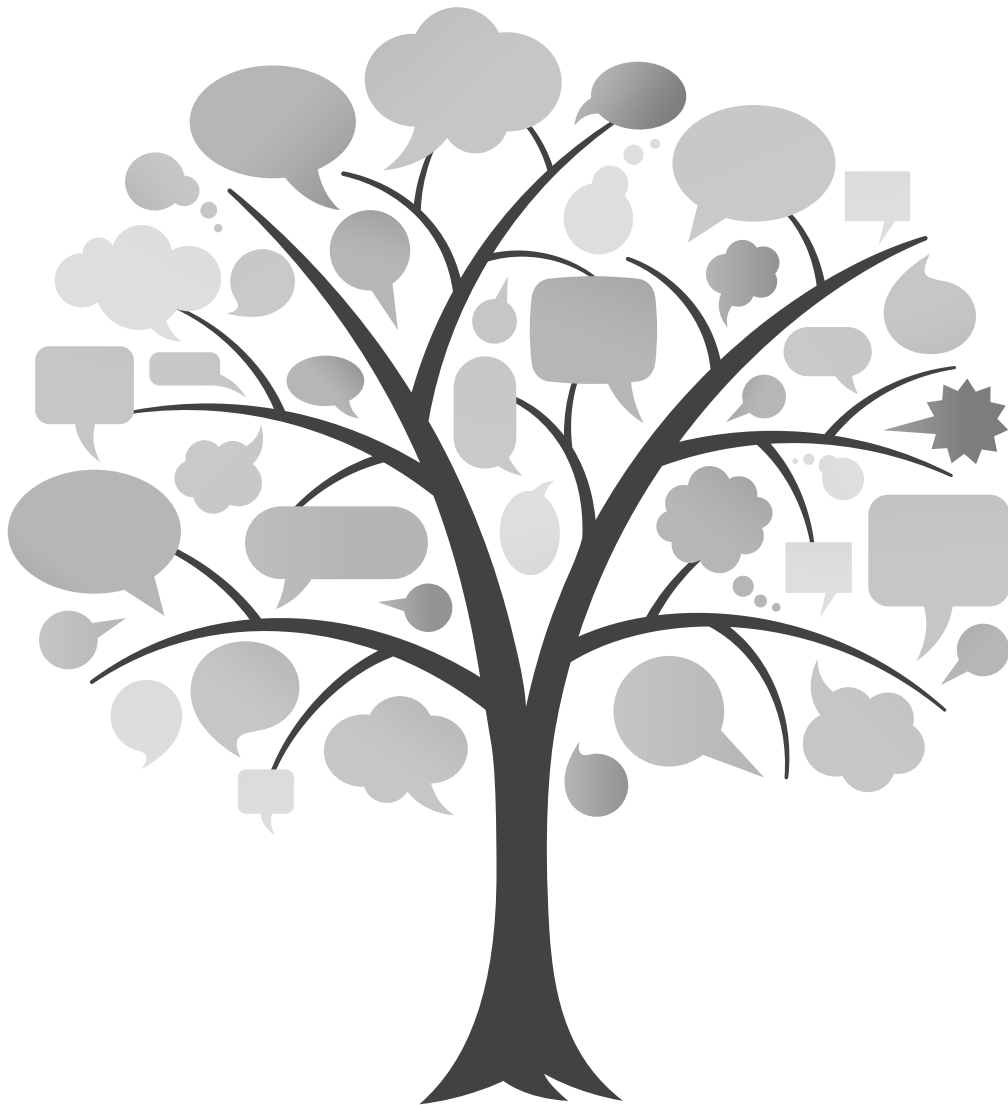
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Welcome to Let's Talk IAPT

Barnet, Enfield and Haringey Psychological Therapies Service



Let's Talk Improving Access to Psychological Therapies (IAPT) is a free NHS evidence-based talking therapy service for people 16 years old and over, who are worried or have low mood. We provide a range of treatment programmes including one to one therapy, counselling and group work.

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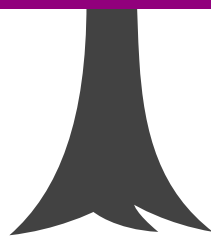
We recognise that this is a very challenging time for many and we are working hard to ensure that everyone gets as much as support as they need.

We prioritise our client and staff safety and are closely following government and NHS guidelines aimed at preventing the spread of **COVID-19**.

Due to this, we have made some changes to how we deliver psychological support in our services.

We offer assessment and treatment sessions by telephone, video or online support. We are currently able to offer only a limited number of face-to-face appointments. Therefore, we would strongly encourage individuals to try our telephone and video sessions first so that we are able to keep face-to-face appointments for those who are unable to attend remotely for medical or other reasons.

Please note that due to an increased volume of referrals to our service, our waiting times for treatment might be longer than usual.
Thank you for your patience and understanding.



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Let's Talk IAPT (Improving Access to Psychological Therapies) is a free NHS evidence-based talking therapy service for people 16 years old and over, who are worried or have low mood. We provide a range of treatment programmes including one to one therapy, counselling and group work.

The service is for anyone over the age of 16 who is registered with a GP in the London Borough of Barnet.

We have therapists who speak a number of languages and we can also provide interpreters.

We hope that you can find all the necessary information on this website to decide whether we are the right service for you, but please feel free to contact us if you have any questions.

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Let's Talk [IAPT](#) Improving Access to Psychological Therapies (IAPT) is a free NHS evidence-based talking therapy service offering support for common mental health difficulties such as depression, anxiety and panic.

We provide a range of treatment programmes including one to one therapy, counselling and group work. The service is for anyone over the age of 16 who lives or is registered with a GP in the London Borough of Haringey.

We have therapists who speak a number of languages and we can also provide interpreters.

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