

Outreach and Community work

Let's Talk IAPT offers a range of free face to face and digital workshops in a variety of community settings such as schools, colleges and community organisations.

Workshops cover a range of aspects of wellbeing including topics such as:

- Managing worry
- Dealing with exam stress
- Achieving life balance
- Better Sleep
- Recognising when your thought become obstacles
- Problem solving for everyday obstacles

We can also tailor workshops for your staff or people you support. The groups are based on Cognitive Behavioural Therapy principles and aim to help people better understand and spot any patterns in their own patterns in their thoughts and behaviours with the aim of being able to better manage any difficulties.

If you are part of an organisation that would benefit from such a workshop please get in touch with your local team to discuss what we can offer.

Contact
Barnet IAPT

Contact
Enfield IAPT

Contact
Haringey IAPT



Came at a time when I was under a lot of pressure and vulnerable having just had a baby. I was having huge doubts and therapy helped me unpack the confused overwhelming feelings I was going through.