

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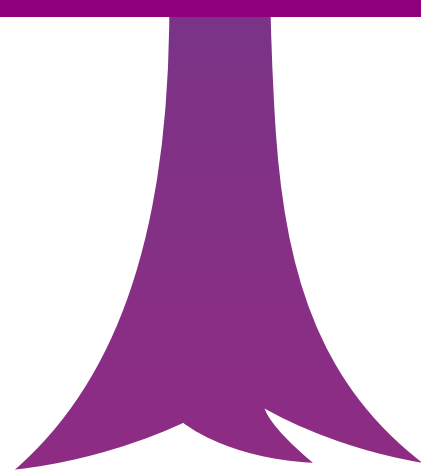
We recognise that this is a very challenging time for many and we are working hard to ensure that everyone gets as much as support as they need.

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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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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