**First landing page**

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.

**Barnet**

Based in Edgware Community Hospital 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.

**Enfield**

Based on Chase Farm hospital site and working from other bases in the community, 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 Enfield.

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.

**Haringey**

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.

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.