**Covid-19 Pop-Up**

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.