

Mid Essex IAPT

Are you...

unable to cope with work

fed up and tearful

lonely

unable to sleep

anxious

stressed

worried all the time

Give our service a ring as we can help you work out how to feel better...

We offer phone support and guided self-help, individual cognitive-behavioural therapy (CBT), CBT courses for anxiety and depression and computerised CBT. We aim to help you find ways of coping and help you get back to your usual self.

Mid Essex IAPT service is part of the national Improving Access to Psychological Therapies (IAPT) initiative within the NHS. You are usually seen in your own GP surgery or locations in the community local to you.

To refer yourself to this free service

• Use our QR code



• Call: 01376 308704 or 01376 308705

• Or visit www.hpft.nhs.uk

under 'What are you looking for?' click 'Mid Essex Self Referral form'

To use this service you need to be registered with a Mid Essex GP

In partnership with: