

Tower Hamlets Talking Therapies

Description

Service Description

Tower Hamlets Talking Therapies offers a range of free and confidential talking therapies and specialist self-management skills to help you feel better within the borough of Tower Hamlets.

Once you have been referred by your GP or you have made a self-referral, we will call you as soon as possible to verify your information. At the same time, we will book you in with one of our therapists for an initial telephone assessment.

At this assessment, the therapist will discuss your current difficulties and explain the most suitable treatment options. Following the assessment, we will get back to you within a few days to confirm your treatment package.

Individual therapy may consist of telephone, face to face and online sessions. The length of sessions, number of sessions and frequency of sessions will vary depending on the main presenting problem and the level of severity of difficulties. The first stages of individual therapy usually involve an assessment and creating a shared understanding between client and therapist of the client's difficulties and maintaining factors. The treatment plan is then discussed and agreed upon. Tower Hamlets Talking Therapies offers short term evidence based interventions, predominantly based on Cognitive Behavioural Therapy principles.

Your assessing therapist would be happy to discuss further with you and guide you to clinically appropriate treatment options based on your main presenting difficulties.

Additional Information

Additional Information

Referrals and bookings

For referrals, appointments bookings and general enquiries, please contact the Bookings Team on 020 8475 8080.

Please note that the telephone lines are only open between 9am - 5pm Monday to Friday (all locations).

If you need to speak with someone urgently outside of these hours please refer to our emergency help contact list.

Provider

Health Services

Tower Hamlets Talking Therapies

Costs

Cost

Free

Further Information

Provider Delivery Referral Type Channel Criteria

Health Services	In Person Office / Premises	None (Self- referral)
-----------------	-----------------------------------	-----------------------------

Contact Details

Telephone No

0208 175 1770

Website

<https://www.towerhamletstalkingtherapies.nhs.uk/>

Address Details

Street Number

71 Johnson Street

Town

London

Postcode

E1 0AQ

Opening Times

Monday	from 09:00	to 20:00
Tuesday	from 09:00	to 20:00
Wednesday	from 09:00	to 20:00
Thursday	from 09:00	to 20:00
Friday	from 09:00	to 17:00

[Visit service website](#)

Similar Organisations

Tower Hamlets Family Support Service
Volunteer Centre Tower Hamlets
Reset - Tower Hamlets Drug & Alcohol Service
Tower Hamlets School Sports Network
Tower Hamlets Camhs