



North London  
Mental Health  
Partnership



Barnet, Enfield and Haringey  
Mental Health NHS Trust  
Camden and Islington  
NHS Foundation Trust

## NHS Enfield Talking Therapies



Are you feeling  
stressed or  
anxious?

Feeling low?

Struggling  
to sleep?

NHS Enfield Talking Therapies is a free, confidential, and non-judgmental NHS service that offers psychological treatments.

You do not need to book a GP appointment, you can self-refer by visiting our website:

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

Email: [beh-tr.enfieldtalkingtherapies@nhs.net](mailto:beh-tr.enfieldtalkingtherapies@nhs.net)

Tel: 0208 702 4900

**Better Mental Health. Better Lives. Better Communities.**