

At NHS West Essex Talking Therapies, we provide a range of support to thousands of people to help them to improve their mood and find ways to manage.

If you are 16 years and older and live in West Essex we can support you by providing the tools you need to get life back on track.

Contact us today - it is a FREE and confidential service.



0333 015 2966

Text 'YOU' to 88802

Scan to self refer





Are you experiencing:







I ow mood



Depression



Anxiety



Lack of motivation

We provide a range of evidence based talking therapies and new ways of coping to help you better manage your mood.

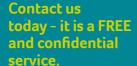
Our therapies are available via secure video, text-based therapy, webinar, phone or face to face (one to one or group).

Our easy 3 step approach

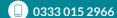


You will be assessed by a friendly member of our team. Together, we will agree the best support for you.

A fully qualified therapist will support you throughout your treatment.







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Making People Better in West Essex