

Reach Out

Talking helps



Central and
North West London
NHS Foundation Trust



Aisha, 25
I suffered with
anxiety and
I reached out.

**Feeling low, sad,
worried or stressed?**

You can access free and
confidential support from
Brent Talking Therapies

To find out more about how we can help you,
please contact:

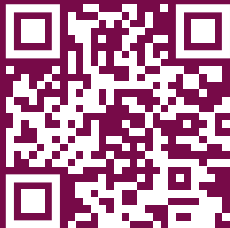
Email: cnw-tr.brent.iapt@nhs.net

Tel: **020 8206 3924**

Address: CNWL Talking Therapies Services Brent,
Fairfields House, Fairfields Crescent, Roe Green,
Kingsbury NW9 0PS

To self refer

Brent



Scan me
with your
smartphone

Czujesz się przygnębiony i potrzebujesz wsparcia?
Oferujemy terapie różnych językach. Aby uzyskać więcej
informacji, skontaktuj się z nami.

Polish

Ma dareemaysaa niyad-jab oo ma u baahan tahay taageero?
Waxaan bixinaa daaweyno oo lagu bixiyo luuqado kala
duwan. Nala soo xiriir si aad wax badan uga ogaato.

Somali

هل تشعر بتدهور حالتك المزاجية وتحتاج إلى الدعم؟ نحن نقدم
الخدمات العلاجية بلغات مختلفة. اتصل بنا لمعرفة المزيد.

Arabic

નિરાશા અનુભવો છો અને સહાયની જરૂર છે? અમે વિવિધ ભાષાઓમાં
ઉપચારો ઓફર કરીએ છીએ. વધુ માહિતી મેળવવા માટે અમારો સંપર્ક કરો.

Gujarati

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