

# Hillingdon Talking Therapies

# You are not alone

**If something is worrying you, it can help to talk to someone about it - we're here to listen**

We provide a free confidential NHS Talking Therapies service for people who have concerns about the impact Covid-19 is having on you personally. Our qualified therapists and counsellors offer consultations by phone or video call, to discuss ways to help you to cope with your difficulties or isolation.



**Reach out, it helps to talk.**

Refer yourself through our website at [cnwltalkingtherapies.org.uk](https://cnwltalkingtherapies.org.uk).  
Email: [hillindontalkingtherapies.cnwl@nhs.net](mailto:hillindontalkingtherapies.cnwl@nhs.net) or call 01895 206 800

You can also contact Hillingdon Council for support on 020 3949 5786  
or visit our partnership webpage: [covid19hub@hillindon.gov.uk](mailto:covid19hub@hillindon.gov.uk)