



**Durham and Darlington
Talking Therapies**

**Bishop
Auckland
College**

Feeling stressed, anxious, or depressed?

If so, NHS Durham & Darlington Talking Therapies can help

Who are NHS Durham & Darlington Talking Therapies?

We are a **free** self-help and talking therapies service specialising in the treatment of common mental health problems, such as anxiety and depression. Within the service, we have a dedicated 'Student Pathway', which is committed to providing year-round, timely access to high quality talking therapies for students*

How can I access NHS Durham & Darlington Talking Therapies?

The quickest way is to self refer via our website www.durhamanddarlingtontalkingtherapies.org.uk . If you would prefer to speak with a member of our Admin Team, you can call **0191 333 3300**. You can also be referred by your GP or College/University staff member, via our 'Professional Referral' portal on our website.

What will happen after my referral?

You will be booked in for a 30-40 minute telephone assessment call, with one of our skilled, compassionate therapists. Upon completion of this, our therapist will walk you through our menu of therapies and make a clinical recommendation, based on the difficulties you have described. We offer treatment both remotely, via telephone or video consultations, or face-to-face.

**Registered with a Durham or Darlington GP Practice*



Tees, Esk and Wear Valleys
NHS Foundation Trust

