

Can group therapy help me?

At Tower Hamlets Talking Therapies we offer a range of **free** group treatments that can help you to manage stress, reduce worry and improve mood and more.

By joining a group you'll gain fresh perspectives and have the opportunity to articulate your feelings in a safe space, all while benefiting from therapy as effective as individual sessions.



Other benefits are:

- Provides hope
- Connecting with others
- Relate to others and yourself in healthier ways



<https://www.elft.nhs.uk/tower-hamlets-talking-therapies>

Tower Hamlets Talking Therapies
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Take the first step
and contact us today:
0208 175 1770



We care
We respect
We are inclusive