

Psychological Perinatal Support

Talking Therapies is a **free** NHS service that offers a range of psychological support to perinatal individuals.

We offer:

- Psychoeducational webinars
- Group therapy
- Virtual & in-person 1:1 individual therapy

Our clinicians are trained to work with parents and caregivers in the perinatal period (those who are pregnant or have a child under 1).

We aim to assess perinatal parents within 2 weeks and offer treatment within 4 weeks.



<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