

Talking Therapies Southwark



South London
and Maudsley
NHS Foundation Trust



Low, stressed or anxious? Depressed or down?

Learn effective ways to manage stress, low mood, depression and anxiety.

Discover new coping strategies to help through difficult times.

Find ways to worry less, feel more relaxed and enjoy life more.

Access e-learning courses, workshops and other support

To self-refer go to our website:-
www.slam-iapt.nhs.uk or email slm-tr.spts@nhs.net

Health Professionals to refer a patient fill in our referral form and email to slm-tr.spts@nhs.net

Call us on 0203 228 2194