

Emotional Wellbeing – Primary Care Psychological Therapies Services (PCPT)

Services include care for common mental health disorders such as:

- Anxiety
- Depression
- Phobias
- Panic

These services are for adults over the age of 18 years. You can refer yourself by contacting any of the following:

Insight Healthcare	0300 555 5582
Talking Mental Health	0300 123 0542
Trent PTS	01332 265 659
Let's Talk Wellbeing	0115 956 0888
Turning Point Talking Therapies	0300 555 0456