

Flow Chart of Mental Health Services

GP- is the first person you should speak to about accessing mental health services. They will want to gather more information about your situation. They may recommend medication, self-help strategies or may decide to refer you to another service.



Community Mental Health Teams

The GP may refer you to your local community Mental Health Team. You will have an assessment and an appropriate form of therapy will be decided upon. CMHTs can provide psychotherapy, Cognitive Behavioural Therapy, Cognitive Analytic Therapy, amongst others.



Talking Space

If you suffer from mild to moderate depression or mild to moderate anxiety, Talking Space can help. Talking Space can offer groups, courses, peer support, interpersonal therapy and Cognitive Behavioural Therapy. Talking Space accepts self-