

Receiving Talking Treatment for Anxiety or Depression?

Do you want...
more options?

easier access?

shorter waiting times?

...we need to hear your views.

The Royal College of Psychiatrists is running a national project to gather your experiences about the Talking Treatment you receive. We are asking all services to get involved.

Ask your local service, therapist or counsellor if they are taking part.

Find out more from our website www.rcpsych.ac.uk/napt



National Audit of Psychological Therapies for Anxiety and Depression
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