

Welcome to the Milton Keynes Talking Therapies Service

Feeling, low, anxious or on edge? We can help.

We provide a range of talking therapies for people who feel anxious and worried or down and depressed.

This service is provided by Central and North West London NHS Foundation Trust and our partner organisations.



Milton Keynes Talking Therapies is part of the national Improving Access to Psychological Therapies (IAPT) programme. This is a free, confidential NHS service providing talking therapies for low mood or depression and anxiety difficulties.

We offer a range of evidence based talking therapies which are delivered by trained NHS professionals.

Our Psychological Wellbeing Practitioners deliver a range of low intensity interventions for people with mild to moderate difficulties or who have recently become anxious or depressed. These guided self-help interventions are delivered online and in workshops as well as on the telephone and face to face.

Self-Referral

Referring yourself is a quick and simple way of accessing talking therapies without going to see your GP.

Refer yourself online www.mktalkingtherapies.nhs.uk

After your referral we will contact you, usually by phone and within a few days, to arrange a Telephone Assessment.



Milton Keynes Talking Therapies
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Purbeck
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☎ Telephone: 01908 725099

✉ Email: cnwl.mkt@nhs.net

☎ Our office is open Monday to Friday 9am to 5pm. If you need urgent advice or support outside of these hours please call 0800 0234 650.