

Anxious, stressed or worried? LOW, SAD, OR DOWN ? Finding it hard to cope?

We can help

Croydon IAPT is a free and confidential NHS service for adults experiencing Depression or Anxiety, who are registered with a Croydon GP.

We offer short-term psychological help and support, including CBT (cognitive behaviour therapy).

We work with a range of difficulties including:

low mood

phobias

anxiety

panic attacks

stress

sleep problems

depression

worry

bad memories after traumatic events

lack of confidence in social situations

health anxiety

repeated washing or checking worry

Speak to your GP today about a referral to Croydon IAPT!

We are not a crisis service.

For urgent help please speak to your GP about other services; call Samaritans 24 hr helpline 08457 90 90 90, or SLaM 24hr free information line 0800 731 2864, or go to the A&E department at Croydon University Hospital.