

Accessing Talk Wandsworth Online One-to-One CBT

www.talkwandsworth.nhs.uk

020 3513 6264

For further information about Talk
Wandsworth Online
One-to-One CBT

www.iesohealth.com/wandsworth

ieso
digital health

NHS



“With Ieso I could open up and talk more honestly with appointments fitting in around my work.”
Ieso patient

To be eligible for Talk Wandsworth Online One-to-One CBT you must be registered with a GP or reside in the Wandsworth borough and be aged 18 or over.



One-to-one
with a qualified
psychotherapist



Evening
and weekend
appointments



Quick
access to
therapy

ieso
digital health

Ieso Digital Health providing services on behalf of the NHS

Anxious? Stressed? Depressed?

Online talking therapy can help.

- Free service in Wandsworth •
- Evening and weekend appointments •
- One-to-one with a qualified psychotherapist •
- Quick access to therapy •

 **Talk**
Wandsworth



“ I felt much more comfortable talking about things in writing rather than face-to-face. ”
Ieso patient

How can we help?

We can help with many different types of problem. These include:

- Anxiety
- Depression (including post-natal depression)
- Fears and phobias
- Panic attacks
- Obsessive compulsive disorder (OCD)
- Social anxiety and shyness
- Stress

Talk Wandsworth Online One-to-One CBT is provided by Ieso Digital Health on behalf of the NHS.

Ieso Digital Health are providing services in partnership with Talk Wandsworth.

Cognitive Behavioural Therapy (CBT) is delivered one-to-one online. This is a free service in Wandsworth.

CBT is provided in real-time over the internet using written (typed) conversations.

You meet with an accredited psychotherapist in a secure online therapy room, at a scheduled time and location that is convenient to you. Appointments are either 30 or 60 minutes long and you can attend them from anywhere you can connect to the internet. All that is required is a PC, tablet or smartphone.

What is Cognitive Behavioural Therapy (CBT)?

CBT helps you to look at:

- How you think about yourself, the world and other people
- How your actions affect your feelings and thoughts
- By making links between what you do, think and feel, CBT can help you make changes in the way you think (“cognitive”) and the way you act (“behaviour”) which then affects the way you feel.

Benefits of Online CBT

Appointments available at a time to suit you

Removes the pressure of face-to-face conversations

There is time to develop thoughts before communicating them

Transcripts from the sessions are always available to reflect on and review