

Learn
techniques
and skills to

Worry less

Cope differently

Get back to enjoying life

A decorative graphic in the bottom left corner consisting of several overlapping circles in shades of pink, orange, blue, and green.

Dudley Talking Therapy Service

(Dudley Improving
Access to
Psychological
Therapies (IAPT))

Google Search "Dudley Talking Therapies DIHC"

Tel: 0800 953 0404

Looking for techniques and skills to help with low mood, anxiety, or stress?

Dudley Talking Therapy Service offers free evidence-based psychological therapies to help individuals feeling low or anxious who are 16+ with a Dudley GP. The therapy can be done in person, over the phone, or online.

What we can offer support with?

Stress, a range of anxiety disorders including Obsessive Compulsive Disorder and Post Traumatic Stress Disorder, depression, worry and self esteem.

Do I need help?

If you're unsure whether you need support you can discuss this at assessment and we will talk you through the best options to meet your needs.

What if we can't help?

If we're not the right service for you we can support you in finding an appropriate service. We can also signpost you to community or specialist services if we can't help.

What will I be offered?

We will offer a treatment that is clinically appropriate and evidence based for your presenting symptoms.

We are a free service offering mental health support and treatment for individuals over the age of 16 who are experiencing a period of stress, anxiety, low mood.

