

PRIMARY CARE PSYCHOLOGICAL THERAPY SERVICES – HOW TO SELF-REFER

INSIGHT HEALTHCARE LTD

Patients can self-refer via
the website:



**Online self-
referral**

<https://www.insighthealthcare.org/our-services/talking-therapies/nottinghamshire>



0300 555 5579

TRENT PTS LTD

Patients can self-refer via
the website:



**Online self-
referral**

www.trentpts.co.uk



0115 896 3160

LET'S TALK WELLBEING

Patients can self-refer via
the website:



**Online self-
referral**

<http://www.nottinghamshirehealthcare.nhs.uk/nottingham-city-and->



0115 956 0888

TURNING POINT

Patients can self-refer via
the website:



**Online self-
referral**

<http://www.Talking.turning-point.co.uk>

Email referrals to:

Nottinghamshire.talking@turning-point.co.uk



0300 555 0456