



for anxiety and depression

Service provided by Whittington Health NHS Trust

NHS

Haringey
Talking Therapies

Need support
with your
sleep?

Experiencing
insomnia?

Difficulties
sleeping?



Haringey Talking Therapies is here to help you.

A new 5-week Cognitive Behavioural Therapy group for
Insomnia is coming to our service

Sessions will include:

- Psychoeducation for insomnia
- Behavioural and cognitive interventions for insomnia
- Techniques delivered via training from the Royal
London Hospital for Integrated Medicine

Inclusion criteria:

- Difficulty falling asleep
- Difficulty maintaining sleep
- Ongoing difficulties for over 3 months
- Difficulties are not explained by another
sleep disorder or environmental factors

For more information:

Call: 020 3074 2280

Email: Haringey.talkingtherapies@nhs.net

Self-refer or refer via the GP

Visit our website:

www.whittington.nhs.uk/haringeytalkingtherapies

