

# PRIMARY CARE PSYCHOLOGICAL THERAPY SERVICES - HOW TO SELF –REFER

OVER 18s ONLY

## Let's Talk Wellbeing

Online: <https://www.nottinghamshirehealthcare.nhs.uk/letstalkwellbeing>  
Telephone: 0300 300 2200  
Email: [letstalknottingham@nottshc.nhs.uk](mailto:letstalknottingham@nottshc.nhs.uk) - to contact someone who can take your details and arrange an appointment for you. We offer clinics in many places across Nottingham City and Nottinghamshire, please state where you would prefer to be seen.



## Trent PTS

Online: <http://www.trentpts.co.uk/self-referral/>  
Telephone: 0115 896 3160 for Nottinghamshire  
\*01332 265 659 for Derbyshire



## Insight Healthcare

Online: <http://tinyurl.com/nottsinsight>  
Telephone: 0300 555 5582  
Email: [east.midlands@insighthealthcare.org](mailto:east.midlands@insighthealthcare.org)

