

Centre for Specialist Psychological Therapies – Psychotherapy Services - Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (CNTW)

Psychotherapy Services is a specialist NHS service for outpatients. 'Psychoanalytic psychotherapy' is used to help people with a wide range of mental health, emotional and relationship problems. The team is staffed by psychiatrists, psychologists, art therapists, occupational therapists and nurses, all of whom have completed further specialist training.

The service is for adults who are interested in understanding themselves and what has led them to think and feel the way they do.

You can be referred by any mental health professional, your GP, counsellor, psychologist or social worker.

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Telephone: 0191 287 6100

Website: <https://www.cntw.nhs.uk/services/centre-specialist-psychological-therapies-psychotherapy-services-benfield-house-specialist-outpatient-service-newcastle-ntw113/>

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