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## Richmond Wellbeing Service

### Organisation details

#### Description of activity

This service offers a range of free and confidential talking therapies and specialist support to help you feel better. At the Richmond Wellbeing Service, our philosophy is to help people get the psychological services they need quickly and easily, without having to jump through any unnecessary hoops, so we have a very simple set of rules for who we can help.

Am I eligible?

Yes, if you are 18 years+ and either live in Richmond or have a Richmond-based GP or family doctor.

Contacting us

We will try to speak to you as soon as possible, to get you the help you need quickly, at a time and in a way that suits you. This is a new way of working in the NHS which is:

- flexible to suit you
- can be outside 9-5 office hours
- can use text and email if you prefer

### Contact details

#### Telephone

020 8548 5550

#### Website

<https://www.richmondwellbeingservice.nhs.uk>

### Address details

#### Address 1

NHS Richmond Wellbeing Service

#### Address 2

Richmond Royal Hospital

#### Address 3

Kew Foot Road

#### Town

Richmond upon Thames

#### Postcode

TW9 2TE

### Accessibility

#### Staff have specialist training

Yes

#### Please enter any further details about your accessibility / specialist support

Watch a video about this service

<https://youtu.be/XIX3fOjrkGc>

### Availability details

**Days and times of activity / opening**

<b>Monday</b>	from 08:15	to 20:00
<b>Tuesday</b>	from 08:15	to 20:00
<b>Wednesday</b>	from 08:15	to 20:00
<b>Thursday</b>	from 08:15	to 20:00
<b>Friday</b>	from 08:15	to 18:00

**When is the activity or service available**

All Year Round

**How to access the service/activity**

Referral required |

**Description of eligibility or referral criteria and pathways (if applicable)**

For us to be able to accept you as a client you need to be:

- Aged of 18 or over. (If you are 16 or 17 we can accept you if you are no longer in education)
- Living in the borough of Richmond (or registered with a GP who is part of the Richmond CCG)

The easiest way to arrange an appointment is to self refer via our on line self referral form. Or you can call us on 020 8548 5550 or alternatively visit your GP.

Once we have received your referral you will speak to our administration team who will take further details and will then book you in for your first appointment there and then. However, if you don't live in our area, or your GP doesn't have a surgery in Richmond, there may be a service like ours in your area.

**Does a parent / carer need to stay on premises during activity**

No

**Is there a cost for this service or activity**

No

## Location Map