



# Talking Therapies

## Self-referral guide

There are 3 ways to refer your self to NHS talking therapies

[Fill out the online self-referral form](#)

Call 0300 365 2000

Email [talkingtherapies@berkshire.nhs.uk](mailto:talkingtherapies@berkshire.nhs.uk)

**You can also ask for your GP to refer you**

## Tips

Whilst filling out the form, on the phone or sending an email – make sure and explain that you have ADHD or suspect that you have ADHD and would like a therapist with knowledge of ADHD.

Write down the date that you applied, if you have not heard back in two weeks call to follow up.



Reading ADHD Group