

Counselling

Improving Access to Psychological Therapies (IAPT)

Free and Confidential Counselling service for people 16 years old and over, registered with a GP in Enfield and experiencing low mood.

Short waiting list



Contact us directly on:
020 8906 7508 or Email:
counselling@mind-in-enfield.org.uk

Opening hours:

Monday - Wednesday 10am - 9pm

Thursday 10am - 4pm

Friday 10am - 1pm

Mind in Enfield
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iapt

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Registered Charity
Number 1054539