

NHS Richmond Talking Therapies  
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## **From IAPT to NHS Talking Therapies for anxiety and depression: new name, same service**

We are writing to you to inform you of an upcoming change in the name of our service, which we are happy to share with you today. This doesn't impact your mental health care and you don't have to do anything.

Richmond Wellbeing Service is being renamed NHS Richmond Talking Therapies as part of a national rebranding exercise that will see all Improving Access to Psychological Therapies (IAPT) services using the same name across the country. Following an extensive national consultation process, NHS Talking Therapies has been voted the most accessible name, and the easiest one to understand, by a wide range of staff, charities, patients and the general public. It will be accompanied with a tagline 'for anxiety and depression' to clarify what conditions our therapies aim to treat.

Our name might be changing but our service stays the same. We are still here for your mental health. This change doesn't affect our teams or the care they provide you with. We will progressively update all our channels, including our website, and future communications from our services will come from NHS Richmond Talking Therapies.

Best wishes

NHS Richmond Talking Therapies