



**Merton
Talking Therapies**

NHS Merton Talking Therapies
Cricket Green Medical Practice
2nd Floor, 75-79 Miles Road
Mitcham
CR4 3DA

Tel: 020 3513 5888

Team email: mertonupliftreferrals@swlstg.nhs.uk

Website: www.mertonuplift.nhs.uk

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.

Merton Uplift is being renamed NHS Merton 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 Merton Talking Therapies.

Best wishes

NHS Merton Talking Therapies