

Dear Practice,

North East London Foundation Trust (NELFT) Talking Therapies would like to use SMS text messages to signpost patients registered at practices across Barking & Dagenham, Havering, Redbridge and Waltham Forest to IAPT services, as well as provide them with information/guidance on mental health.

Working with NELFT, the myGP Population Team at iPLATO Healthcare will send SMS messages to patients registered at participating practices who have a mobile number and have consented to receiving SMS messages. The messages will signpost patients to one of the NELFT Talking Therapies Services. This is a fully funded SMS service with no cost to your practice.

To sign up or to find out more information, please see the below link
<https://mygp.me/3ngg1Ud>

[Sign Up Here](https://mygp.me/3ngg1Ud)



In Partnership with NELFT
Barking and Dagenham
Havering
Redbridge
Waltham Forest