



## Resources

- [When sadness gets too much – A Bengali Film About Mental Health](#)
- [Talking therapies](#)
- [Stress and worry, your self-help guide](#)
- [Stress and Relaxation Workshop](#)
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## Self-referral

iCope provides a confidential psychological therapy service for people over the age of 18 registered with a Camden or Islington GP. [If you live in Kingston please click here.](#)

We will usually offer an assessment within about 4-6 weeks. This means that we are not able to support people in a crisis or emergency situation. If you need this, [please click here for contact details for services that can support people in a crisis or emergency.](#)

To find out about how we manage the information you give us please read this:

- [iCope Information Sharing and Confidentiality Information](#)

For more information about iCope and what you can expect after referring yourself to us please read our service information leaflet below:

- [iCope Service Information Leaflet](#)

If you've had significant contact with specialist mental health services in the past we recommend that you talk to your GP about your current concerns before referring yourself to iCope, as we might not be the right service to meet your needs at this time.

## **[Click here to self refer](#)**

Tags: [get help](#), [refer](#), [referral](#), [self referral](#)

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