

Feeling anxious or depressed?

NHS Talking Therapies can help

Struggling with feelings of depression, excessive worry, panic attacks, social anxiety, post-traumatic stress or obsessions and compulsions? A trained clinician can help.

The service is effective, confidential and free.

Talking therapies are also available in your chosen language through multi-lingual therapists or confidential interpreters, and in British Sign Language, through SignHealth's Therapies for Deaf people service.

Your GP can refer you or refer yourself at [nhs.uk/talk](https://www.nhs.uk/talk)

**Help Us Help You –
Mental Health Matters**

The logo for 'Mental health matters', with the text in white on a blue square background.

Help us
help you