

NHS Talking Therapies can treat common anxiety conditions

If you're struggling with obsessions and compulsions, anxiety in social situations, flashbacks of a traumatic event – or with panic attacks, obsessing about your appearance, or a phobia – being able to get on with your life again is cause for celebration.

NHS Talking Therapies treatment gives you practical skills and techniques to overcome a range of mental health conditions like obsessive compulsive disorder (OCD), social anxiety disorder, post-traumatic stress disorder (PTSD), panic disorder, body dysmorphic disorder (BDD) and phobias.

The service is effective, confidential, free, and available in your chosen language, including British Sign Language (BSL), through multi-lingual therapists or interpreters.

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