



HM Government



“I didn't
think
I could cope”

NHS Talking Therapies can help

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

The service is effective, confidential and free.

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

Mental
health
matters

Help us
help you