

**FREE
TALKING
THERAPIES
IN YOUR
AREA**

Our IAPT service
in your area can
help you to:



MANAGE
STRESS &
ANXIETY



IMPROVE
YOUR
MOOD



GET
BETTER
SLEEP

To arrange an
appointment:



Scan the QR code



Call us on 0300 123 4502



Ask your GP to refer you to us



Have you been feeling low, anxious, or stressed? Don't struggle on alone, we're here to help.

Our FREE and confidential NHS Talking Therapy service is open, with COVID-19 safety measures in place.

We all go through difficult times, but sometimes our problems begin to affect our day-to-day lives and we feel that we can't cope.



1 in 4 people each year will experience stress, anxiety, or depression.

We offer a range of local therapies and support that are proven to help.

Find out more at:
www.insightiapt.org