

TALKWORKS



Is the way that you are feeling affecting your daily life? Are you struggling to cope, feeling low, anxious or overwhelmed by your thoughts and feelings? Are you living with a long term health condition that is making you feel tired, frustrated and worried? You are not alone and we can help.

TALKWORKS is a free, confidential, NHS talking therapy service helping you to feel better by giving you the tools and techniques to improve your mental and physical wellbeing.

You can self-refer direct to TALKWORKS:

Call 0300 555 3344 or [complete the online form on our website](#)

Watch our film to see how TALKWORKS can help you.

<https://youtu.be/Ek5j1zdzqFw>

More information can be found at www.TALKWORKS.dpt.nhs.uk

More information on mental health support during the COVID-19 crisis can be found at <https://www.talkworks.dpt.nhs.uk/nhs-mental-health-support/covid-19-and-anxiety>

Access to mental health resources can be found at <https://www.talkworks.dpt.nhs.uk/mental-health-help/mental-health-resources>