



HM Government

**NHS**

“I just  
bottled it  
all up”

## 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**