

## Our support for older people

Norfolk and Waveney Talking Therapies is here to support anyone aged 16 and over who feels low or worried.

We offer a range of talking therapies, workshops and groups that help reduce feelings of worry and low mood, especially for those aged 65 and above.

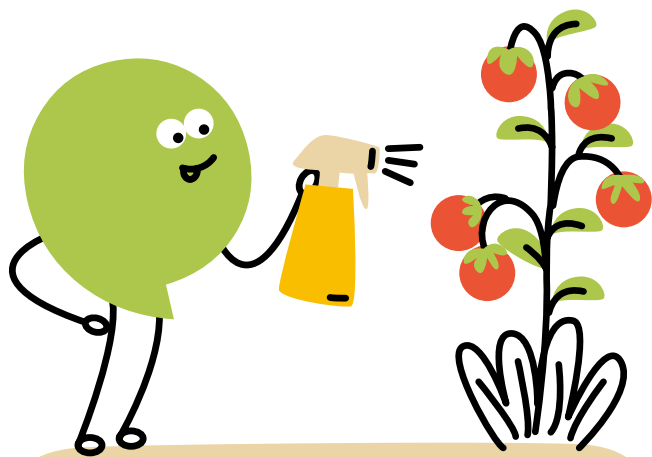
Our qualified and experienced therapists will work with you to understand your needs and help choose the best support for you.

We can offer you:

**Cognitive Behavioural Therapy (CBT)** which can help with motivation to make positive changes to improve your quality of life.

**Counselling** which can help you to come to terms with changes in your life, such as retirement, physical changes and life circumstances.

You can choose to receive your support by phone, face-to-face or online.



Find out more about our workshops  
and social events overleaf

Brooke House  
John Hyrne Way  
Costessey  
Norwich  
NR5 0AF



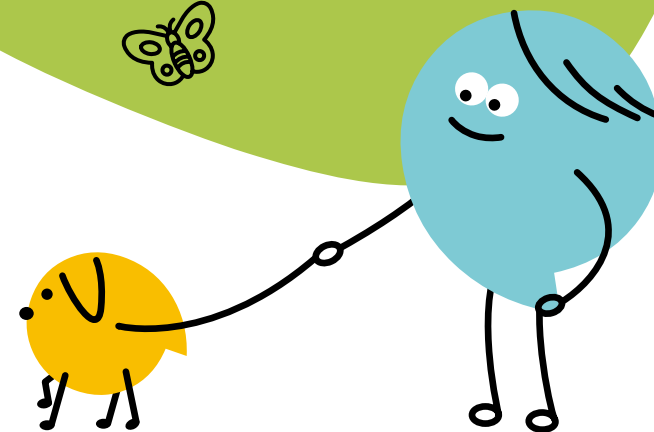
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Norfolk and Waveney  
Talking Therapies

Feeling low or worried  
doesn't have to be a part  
of growing older.

We can  
help you.



for anxiety and depression

## To get support, just fill in your details below, seal and put in the post.

Your name:

Your date of birth:

Your address:

Postcode:

Your email address:

Your daytime phone number:

How would you prefer us to contact you?  
(tick one as appropriate)

☐ Phone ☐ Email ☐ Post

Is it OK to leave a voice message? ☐ Yes ☐ No

Name of your GP:

Address of your GP:

Where did you hear about us?

## How to get support

### Step 1

To arrange an appointment:

- Complete and send this form
- Call free on **0300 123 1503**
- Ask your GP to refer you
- Complete our online form at **nandwtalkingtherapies.org.uk**



### Step 2

We will contact you to arrange an appointment in which we can discuss what your needs are and how we can help.

## Follow us

- NandWTalkingTherapies
- @NandWTalkingTherapies
- nandwtalkingtherapies



If you would like this information in large print, audio, Braille, alternative format or a different language, please contact Customer Services on **01603 421486** or send an email to **customer.service@nsft.nhs.uk** and we will do our best to help.

Norfolk and Waveney Talking Therapies is provided by Norfolk and Suffolk NHS Foundation Trust working with Norfolk and Waveney Mind and Relate.

We work together to deliver a range of support interventions for people aged 16 and over with low mood, anxiety and depression. For more information about who we are visit: **nandwtalkingtherapies.org.uk**

Norfolk and Waveney Talking Therapies is commissioned by Norfolk and Waveney Integrated Care Board.

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## Workshops

### Easy access support

We offer a range of 1-2 hour, one-off workshops to support your mental health:

- Reducing worry
- Improving sleep
- Fear of falling
- Coping with bereavement
- Living well with physical health conditions

**To book, call us on the number below or go to our website.**

## Social events

### Meet people and stay active

We run a variety of social activities throughout Norfolk and Waveney, in person and online. Our free events are a great place to meet people with similar experiences, all while doing an activity that you enjoy.

**To find out more go to our website, or call us on the phone number below to request a paper copy be sent to you.**

### Activities include:

- Short walks
- Coffee and chat
- Book club
- Gardening



**Everyone is welcome, just come along and you'll be greeted by one of our friendly team.**

**0300 123 1503**

**nandwtalkingtherapies.org.uk**