

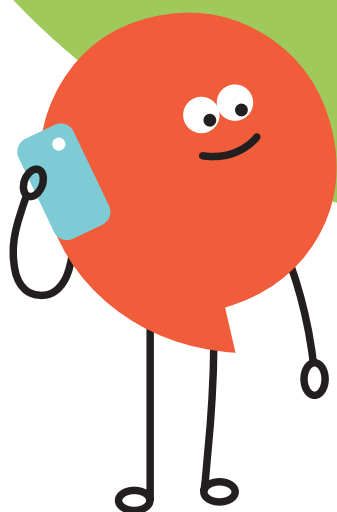
# Talking Therapies

**We offer a range of free and confidential support to help you make changes to improve your wellbeing and to help you cope with stress, anxiety or depression.**

- Free for people aged 16 and over in Norfolk and Waveney.
- Self refer online or by phone or via your GP/Healthcare Professional.
- We offer a range of free online workshops. Check our website to find out more and book.

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