

Overwhelmed? low? stressed? anxious?

We provide a range of free
and confidential support
services for people aged 16
and over living in Norfolk.



Norfolk and Waveney Talking Therapies

Norfolk and Waveney Talking Therapies is provided by Norfolk and Suffolk NHS Foundation Trust, 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 anxiety and depression

Self-Referral Services are available online at:



nandwtalkingtherapies.org.uk



0300 123 1503



Scan me



Follow us



NandWTalkingTherapies



@NandWTalkingTherapies



nandwtalkingtherapies

Depending on your
provider call costs from a
landline or mobile will vary.



for anxiety and depression

© Produced April 2025. Review March 2027. GFX NWTT1A.