



HM Government



“ I didn't  
think  
I could cope ”

Harmeet

Helped by NHS Talking Therapies

## 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