



for anxiety and depression

# **We're here for you.**

**If you feel low,  
stressed or worried,  
NHS Talking  
Therapies can help  
you feel better  
sooner.**



**Please refer yourself, whenever you're  
ready.**

Scan the QR code or visit our website  
[northyorkshiretalkingtherapies.co.uk](https://northyorkshiretalkingtherapies.co.uk)

Or, if you feel more comfortable, you  
could speak to your GP.

