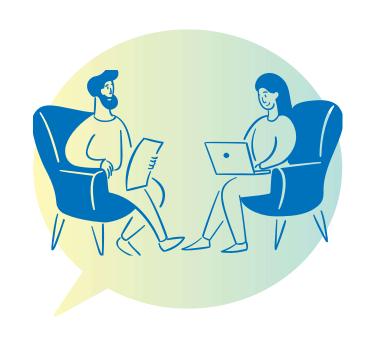




for anxiety and depression

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

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

