

Please contact NHS Hertfordshire Talking Therapies and tell them you have discussed the following symptoms with your GP:

- feeling low
- feeling stressed
- not sleeping
- feeling lonely
- feeling fed up and tearful
- feeling anxious
- feeling worried all the time
- my long term condition

These feelings could be symptoms of anxiety or mild to moderate depression. **Confidential help is available. Please follow the instructions overleaf.**



NHS Hertfordshire Talking Therapies is designed to help you work out how to feel better. It is part of the national NHS Talking Therapies for anxiety and depression initiative.

Our support options are offered in different ways:

- Individual sessions
- Online support including SilverCloud
- Guided self help (with telephone support)
- Workshops and groups
- Practical support
- Live and interactive webinars

Support is also available for people diagnosed with a long term physical health condition to help improve their emotional wellbeing.

To refer yourself to this free service:

- **Call 0800 6444 101**
- **Use our QR code**
- **Visit www.hpft-iapt.nhs.uk**



Follow us on Twitter:
[@HPFTIAPT](https://twitter.com/HPFTIAPT)



Like us on Facebook:
www.facebook.com/HPFTIAPT