

Stressed?
Feeling down?
Struggling with work, family or social life?
Need Help?

Talking therapies can help with difficulties like:

- Anxiety
- Panic attacks
- Depression
- Bereavement
- Relationship issues
- Sleep problems
- Phobias
- Difficult or challenging life events
- Postnatal Depression/Anxiety
- Post Traumatic Stress
- Obsessive Compulsive Disorder
- Health Anxiety

We provide a confidential service to help you work through these difficult problems

The Improving Access to Psychological Therapies service offers a range of therapies, including groups, courses and 1-1 sessions.

Appointments can be offered in a variety of venues, local to you. These services can be offered both face to face and over the phone, dependent on your needs.

You can now **self-refer or talk to your GP or other health professional**

Tel: 01535 672 672

Email: iapt.awc@bdct.nhs.uk