



Nottingham and Nottinghamshire Talking Therapies



# ARE YOU FEELING OVERWHELMED WITH YOUR LONG-TERM CONDITION?

We are here for you.  
Self-refer by calling today.

Call: 0333 188 1060

Visit: [notts-talk.co.uk](http://notts-talk.co.uk)



Are you experiencing:



Excessive worry



Low mood



Depression



Anxiety



Lack of motivation

We provide a range of evidence based talking therapies and new ways of coping to help you better manage your mood.

Our therapies are available via secure video, text-based therapy, webinar, phone or face to face (one to one or group).



## Our easy 3 step approach

- 01** Self-refer by giving us a call or text.
- 02** You will be assessed by a friendly member of our team. Together, we will agree the best support for you.
- 03** A fully qualified therapist will support you throughout your treatment.

Contact us today - it is a **FREE and confidential service.**

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Making People Better in Nottingham and Nottinghamshire