

# Talking Therapies

Talking Therapies is a friendly and approachable free NHS service that helps people with anxiety, depression, stress and phobias

Are you worried about things in your life?

Are you feeling down

Are you having difficulty sleeping?

Are you struggling to cope with a physical health problem?

Are any of these stopping you from doing things in your everyday life?

Would you like some help with the difficulties you are experiencing?

If the answer to any of the above is yes, Talking Therapies might be for you.

Contact us direct or ask your GP to refer you

A translation service is available. Telephone: 0300 365 2000

Refer online at: [www.talkingtherapies.berkshire.nhs.uk](http://www.talkingtherapies.berkshire.nhs.uk)