



# Are you feeling low, worried or stressed?

**We are here  
to help you**

If you are struggling with your mental health, we provide a variety of support to thousands of people to help deal with your thoughts, feelings and emotions.

Our Talking Therapies service can provide a safe space for you to discuss how you are feeling, navigate your struggles and find the support you need to improve your mental health.



[www.derby-talk.co.uk](http://www.derby-talk.co.uk)



0333 041 7262



**Scan to self-refer - it is a  
FREE confidential service**

Services provided by



## Are you experiencing:



Excessive worry



Low mood



Ongoing stress



Anxiety



Lack of motivation

Our evidence-based talking therapies can help you find new ways to cope with your mental health and manage your mood.

We offer a range of talking therapy services including face to face sessions, webinars and SilverCloud digital self-help.



## Our easy 3 step approach

01

You can self-refer using our website, scanning the QR code below or calling us.

02

A friendly member of our team will assess you and together, we will agree on the best option of 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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