

**Keep this as your reference**

Referred by: self-web / self-phone / self-form / GP

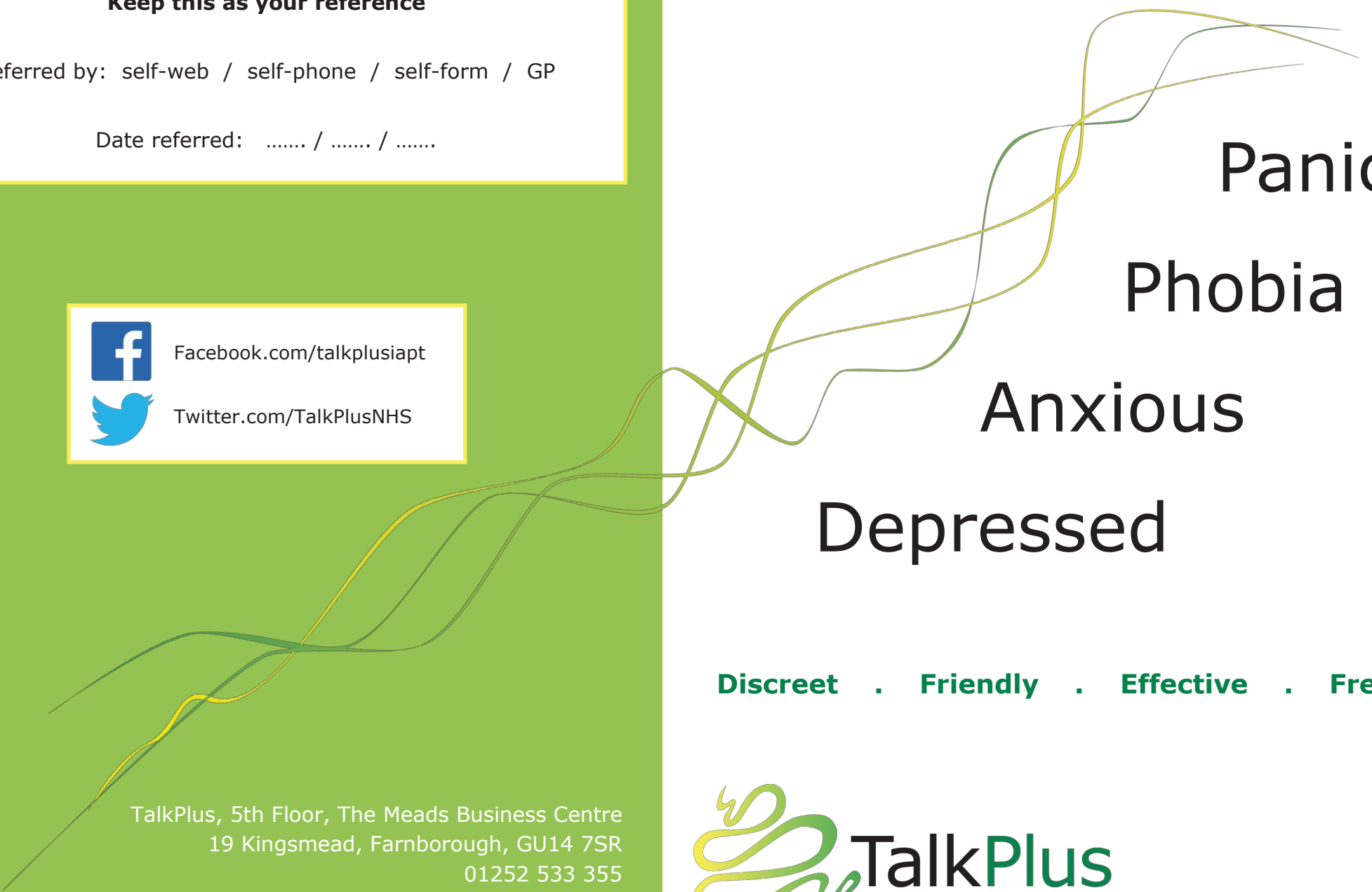
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Facebook.com/talkplusiapt



Twitter.com/TalkPlusNHS



Panic  
Phobia  
Anxious  
Depressed

**Discreet . Friendly . Effective . Free**

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nehccg.talkplus@nhs.net  
www.talkplus.org.uk



**TalkPlus**  
Your Mental Health Matters

## Stressed? Anxious? Low Mood? Depressed?

Many people experience the above feelings but sometimes they can get worse and affect our day to day lives.

If you feel you are struggling with any of these, you can talk to your GP about whether TalkPlus might be for you, or you can contact us directly.

TalkPlus is a team of therapists who are friendly and approachable and are there to support you.

We offer quick and easy access to approved therapies including Cognitive Behavioural Therapy (CBT). Therapy can be delivered through courses or 1 to 1 sessions over the telephone, online via Skype or face to face in a variety of locations.

**01252 533 355**

**nehccg.talkplus@nhs.net**

**www.talkplus.org.uk**

CBT is known as an effective treatment in helping people overcome life's difficulties; such as depression and anxiety.

### Who Can TalkPlus help?

Anybody aged 16 and above who is feeling stressed, anxious, low in mood or depressed.

TalkPlus is free to all NHS patients registered with GP surgeries in **Hart, Rushmoor and Farnham**

## How to access the TalkPlus service

**Complete and return the attached form**

or

**Call: 01252 533355**

or

**Go online: [www.talkplus.org.uk](http://www.talkplus.org.uk)**

or

**Visit your GP**



We will contact you to arrange a telephone assessment with one of our therapists. So make sure your contact numbers are correct.



One of our therapists will call you at the agreed time to discuss the types of support our service offers and agree on the next step.



If TalkPlus is the most appropriate service, we will discuss a treatment plan with you.