



Contact TalkPlus for free NHS support with:  
**Low Mood | Anxiety | Stress | OCD | Worry**

We have teams specially trained to assist with:  
Sleep | Lifestyle changes | Adjustment to living with health conditions.

We also have a team of Employment Advisors to support our patients.

For more information and a self-referral form, visit

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