

CALM

Would you like to talk with a professional about your mental health?

Wherever you live in England you can refer yourself to your local Talking Therapies team. Search using 'local IAPT service', click this text if you are viewing this flyer online or use this link on the NHS website:

<https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies/>

You can chose to work with one of the team by phone or video link and in some areas the team is available until 10pm at night.



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