



“I JUST DIDN'T  
THINK I'D FEEL  
HAPPY AGAIN”

## JUST TALKING CAN HELP

NHS talking therapies can help you if you're struggling to cope with feelings of anxiety or depression. They're effective, and confidential.

Your GP can refer you or you can refer yourself online [nhs.uk/talk](https://nhs.uk/talk)

Your  
health  
matters

help us  
help you