

Do you need urgent support?

It's important that you contact your GP. If your GP surgery is closed, their answer- phone will direct you to the right place or you can call:

Samaritans

24 hours a day on 116 123
or email jo@samaritans.org

Out of hours GP service (NHS Direct)

24 hours a day on 111

Police or Ambulance Service

If you or anyone else is in immediate danger or harm then please call 999.

Contact us

www.thebiglifegroup.com/eastcheshiretalkingtherapies

01625 469 950

@eastcheshiretalkingtherapies

The NHS logo, consisting of the letters 'NHS' in white on a blue rectangular background.

**East Cheshire
Talking Therapies**



for anxiety and depression

Service provided by The Big Life group

How are you?

- Are you worried about things in your life?
- Are you feeling down?
- Are you having difficulty sleeping?
- Are you struggling with your mood?
- Are you struggling to cope with a physical health problem?
- Are any of these stopping you from doing things in your everyday life?
- Would you like some help with the difficulties you are experiencing?

If the answer to any of the above is yes then Talking Therapies may be for you.

Who we are

NHS Talking Therapies offers free NHS therapy for people with common mental health problems like anxiety or depression, to help you change the way you feel by changing the way you think.

How it works

When you have your first assessment appointment with a member of our team, you will have plenty of time to talk through the treatment options in more detail to help you decide which one is right for you.

Our easy to access, flexible therapy options are designed to suit your lifestyle, you'll have a choice of either:

Option 1: Online therapy through SilverCloud

Option 2: Wellbeing Course

Most people find that online therapy or a wellbeing course is all they need to feel better, but we will discuss the options that may be available to you.

What next?

You can either ask your GP or healthcare professional to refer you or you can contact us directly on:

01625 469 950

or scan the code to complete our online referral form.

