

Feeling anxious? You're not alone.

**Talking Therapies
are here to help you.**

15th to 21st May 2023 is Mental Health Awareness Week and this years theme is anxiety.

We can provide support with:
feeling stressed, feeling anxious,
low mood, sleep difficulties and
relationship difficulties.

Over 18 and registered with a GP in Barking and Dagenham?

You can make a referral here:

Call 0300 300 1554 opt 3
Or Scan QR Code

