



## We help with anxiety, depression, or stress

**FREE** confidential, and tailored for you

Our experts have helped lots of people in  
Wolverhampton become happier and healthier



 For anyone aged 16 or over registered with a Wolverhampton GP

Support available via...



In-person



Phone



Video



Online



Workshop



Call 0800 923 0222 or self-refer by visiting  
[www.wolverhamptontalkingtherapies.nhs.uk](http://www.wolverhamptontalkingtherapies.nhs.uk)

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