



"When life was overwhelming, the support and techniques I learned gave me control back. I'm truly thankful."

Service User Feedback

In a crisis?

For urgent help, contact your GP, visit A&E, or call 111 and select option 2; in case of an emergency, dial 999.



Professional interpreters available and our website features translation and accessibility support.



for anxiety and depression

FREE confidential, and tailored for you



For anyone aged 16 or over registered with a Wolverhampton GP



0800 923 0222, 9am - 5pm, Monday to Friday (excluding bank holidays).



wolverhamptontalkingtherapies.nhs.uk

How to get our help:

You can contact us directly or ask your GP to refer you.



0800 923 0222, 9am - 5pm, Monday to Friday (excluding bank holidays).



wolverhamptontalkingtherapies.nhs.uk





Feel healthier and happier with

NHS Talking Therapies

Wolverhampton Talking Therapies is a free and confidential service for individuals 16 and older registered with a local GP.

We provide professional support for mental health challenges like anxiety, stress, and depression.



Find out more at:
wolverhamptontalkingtherapies.nhs.uk



0800 923 0222, 9am – 5pm,
Monday to Friday (excluding bank
holidays).

What we offer

Our therapists are kind and understanding, and they never judge you.

We help you in the way that works best for you either by:

- phone
- video
- email
- face-to-face.

Tell us what you're going through – we're here to help you feel better

Types of Therapy

- **Learn about mental health:** Gain insight into your mental health.
- **Self help tips:** Tackle anxiety and mood challenges.
- **CBT (Cognitive Behavioural Therapy):** Reframe thoughts via multiple formats.
- **EMDR (Eye Movement Desensitisation and Reprocessing) for trauma:** Ease trauma-related stress.
- **Counselling:** Talk it out in a supportive space.
- **Online Tools:** Access therapy digitally, anytime.



"The personalised service and practical techniques made a difference. The therapist really understood my needs."

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Steps to get started

Step 1: Reach Out

Contact us through our website or by phone. We are available to listen and understand what you're going through from Monday to Friday, 9 am to 5 pm.

Step 2: Assessment Call

We'll quickly find out if our services are right for you with an initial phone call. During this call, we'll plan how we can best help you feel better.

Step 3: Begin Your Therapy

After the assessment, we'll suggest the best therapies for you and aim to start quickly, always keeping in mind what works best for you.

Ready to Get Started?

If you're not in another mental health program or on a waiting list, you can start straight away.



Black Country Healthcare
NHS Foundation Trust