

**Feeling low?  
Anxious? Stressed?  
We can help you.**

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We offer free,  
confidential NHS  
talking therapies

**0151 649 1859**  
[www.talkingtogetherwirral.org](http://www.talkingtogetherwirral.org)

**talking  
together**

**wirral**

**NHS**



Everyone goes through difficult times, but sometimes our problems affect our day-to-day lives and we feel that we can't cope.

If you are in this situation, you are not alone.

We can help you if you are aged 16+ and experiencing common issues such as:

- Low mood
- Depression
- Anxiety
- Stress
- Panic
- Anger
- Trauma
- Bereavement
- Loss
- Relationship or family problems
- Phobias

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**NHS**

**You can self-refer to us online, give us a call, or ask your GP to refer you to us.**

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You can scan this QR code with your phone camera to visit our website

