

# It's good to talk!

If you think you are suffering from **depression, anxiety, stress** or **phobias** then it might be time to talk to somebody about it.

Why not call one of the free confidential talking therapies services below? Both services offer a professional and confidential service.

The service is for over 18s only. You can talk to the adviser in a way that suits you:

- Face-to-face
- Telephone
- Group sessions

Speak to your GP or healthcare professional or take a number today and call direct.

**Insight: 0300 555 5580**

**Let's Talk - Wellbeing: 0115 956 0888**

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