

Here are some **symptoms**
you may be struggling with that
NHS Talking Therapies can help with:

Anxiety

Low mood

Loneliness

Nervousness

Fatigue

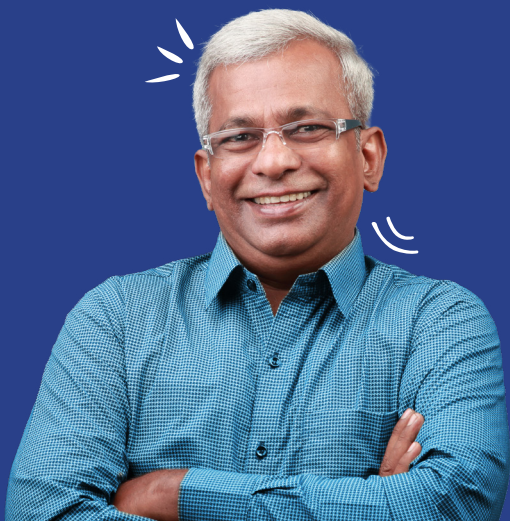
Social withdrawal

Hopelessness

Worry

Sleep changes

Appetite loss



Visit our website to find out about
local services and support available
to help you feel brighter.

www.cpics.org.uk/feel-brighter



CONTACT US

We're here to help.
Sometimes a professional
listening ear is all it takes.

Visit our website

www.cpics.org.uk/feel-brighter

to find out about local services and
support available to help you feel brighter.

Give us a call

T: 0300 300 0055

Phone lines available 9am-4pm,
Monday to Friday
(closed Bank Holidays).



Point the camera on
your phone here

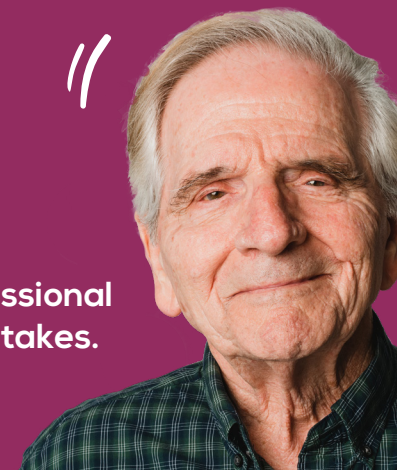
www.cpics.org.uk/feel-brighter

FEEL **BRIGHTER**

If you haven't been feeling yourself,
don't suffer in silence.

We're here to help
tackle feelings of
anxiety, loneliness
and low mood.

Sometimes a professional
listening ear is all it takes.



Please take this
leaflet to find out
about local services
and support available.

We're here to
help you

FEEL BRIGHTER

www.cpics.org.uk/feel-brighter

OUR SUPPORT IS IMPROVING LIVES **EVERYDAY.**

Deborah Lloyd, 79,
suffered from anxiety
for a number of years.
After talking to her GP
she was referred for
NHS Talking Therapies.



The talking and cognitive behavioural
therapy helped me to change how I
acted when faced with certain situations.
It gave me mechanisms to cope and
how to act with situations that would
previously have been an issue for me.

My anxiety is much more manageable
now. It has helped to make me more
active in my everyday life. I feel comfort
from knowing that the service exists.

**It has helped me make
more of everyday life.**

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WE ARE HERE TO **HELP**

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professional
listening ear is
all it takes.



HOW DOES IT WORK?

Sessions can be one-to-one, in a
group, online, or over the phone.



Point the camera on your
phone here to visit our website

for information about NHS Talking Therapies,
how to refer yourself or a loved one.

Alternatively, you can visit your GP or call
this number to make an initial referral:

0300 300 0055

www.cpics.org.uk/feel-brighter

WHAT ARE NHS TALKING THERAPIES?

NHS Talking Therapies involve talking
with a mental health professional
and can help with common mental
health challenges like stress,
anxiety and depression.

2 out of 3

people improved their lives
with NHS Talking Therapies.

Talking to a professional can
help you to understand
what factors may be causing you
to struggle and help you to
learn ways to manage them.

Sessions are
totally confidential
and can be one-to-one, in a group,
online, or over the phone.

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local services and support available
to help you feel brighter.

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