

Could you **benefit** from **some support**
from **Talking Therapies?**

During the last month have you	Yes	No
1. Been feeling nervous, anxious or on edge?	<input type="checkbox"/>	<input type="checkbox"/>
2. Not been able to stop or control worrying?	<input type="checkbox"/>	<input type="checkbox"/>
3. Been feeling down, depressed or hopeless?	<input type="checkbox"/>	<input type="checkbox"/>
4. Had little interest or pleasure in doing things?	<input type="checkbox"/>	<input type="checkbox"/>
5. Trouble falling or staying asleep, or sleeping too much?	<input type="checkbox"/>	<input type="checkbox"/>

If you've answered yes to **any** of the questions, **Talking Therapies** can help – please turn over.

Getting free support from Talking Therapies couldn't be easier

To sign up for support today:



Visit our website to complete an online self referral form
<https://talkingtherapies.berkshirehealthcare.nhs.uk/>



Or call our admin team on 0300 365 2000

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Improving Access to Psychological Therapies