

# Boost your mental wellbeing

**NHS**

Talking Therapies  
Berkshire Healthcare

The NHS in Berkshire is offering **free** and **confidential** therapy to **help you** overcome low mood, anxiety and worry to **boost your wellbeing**



Scan me



Call 0300 365 2000 to book a free wellbeing assessment  
[talkingtherapies.berkshirehealthcare.nhs.uk](https://talkingtherapies.berkshirehealthcare.nhs.uk)

For anyone aged 17 and over. We have no upper age limit. No need to see your GP first.

# Talking therapy and counselling to suit you and your lifestyle:

Phone call – Video call – In-person – Online only

- Learn to feel more confident
- Get practical techniques to apply to your life
- Break frustrating cycles of thinking or behaviour
- Access peer support, employment advice and get help to tackle practical problems like housing, loneliness or money worries too



“Therapy gave me the tools to take my life back”

Patient

**Around 75% see a significant improvement or fully recover after treatment.**



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