



**“It’s good to see  
Grandad’s got  
his smile back!”**

Feeling low or worrying a lot is not a normal part of getting older. Just like high blood pressure and diabetes respond to treatment, so can your worries and low mood.



[www.talkingtherapies.berkshire.nhs.uk](http://www.talkingtherapies.berkshire.nhs.uk)



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Improving Access to Psychological Therapies