



Nottinghamshire Talking Therapies



Feeling low, worried, or stressed?

We are here for you

At NHS Nottinghamshire Talking Therapies, we provide a range of support to thousands of people to help them to improve their mood and find ways to manage. If you are aged 17 ½ years or over and registered with a GP in Nottingham, Bassetlaw, or Nottinghamshire we can help you find the tools you need to get life back on track.

Contact us now, it is **FREE** and confidential.



www.notts-talk.co.uk



0333 188 1060



notts.iapt.admin@notts-talk.co.uk

Scan to
self refer



Services provided by



How we can support you



We provide a range of evidence-based talking therapies and new ways of coping, tools, and resources to help you manage your mood.



All of our therapies can be provided via secure video, text-based therapy, webinar, phone, or in-person.



NHS Nottinghamshire Talking Therapies is a FREE and confidential support service.

Our easy

3-step approach

- 01** Self-refer by giving us a call, using our website, or by scanning the QR code on the front of the leaflet.
- 02** You will be assessed by a friendly member of our team. Together, we will agree the best support for you.
- 03** A fully qualified therapist will support you throughout your treatment.

Scan to

Self-refer



Self refer via our website, telephone, email, or by scanning the QR code with your mobile phone.



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