

# Haven't been feeling yourself lately?

Support is available that can help you feel better.



for anxiety and depression

We're here to support you, if you feel down or worried.  
Please refer yourself. Whenever you're ready.

Scan the QR code or visit our website  
[northyorkshiretalkingtherapies.co.uk](http://northyorkshiretalkingtherapies.co.uk)

Or, if you feel more comfortable, you can speak to your GP.

