

# Feeling low and want to lift your mood?

North Yorkshire Talking Therapies can help if you feel down, stressed or worried.



for anxiety and depression

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 could speak to your GP.

