

# Feeling low or worrying too much?..

**It's not a normal part of getting older...**

- Feeling low?
- Not enjoying the things you used to?
- Problems sleeping?
- Worrying too much?
- Worrying about your health?
- Is caring getting too much for you?

**If you answered yes to any of the above  
Talking Therapies can help you.**

Feeling low or worrying a lot is not a normal part of getting older however just like diabetes or high blood pressure they respond to treatment and can be managed.

**Contact us**



Please call: **0300 365 2000** or



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