

Could you **benefit** from some support from **Talking Therapies**?

During the last month, have you:

	Yes	No
1. Been feeling nervous, anxious or on edge?	<input type="checkbox"/>	<input type="checkbox"/>
2. Not been able to stop or control worrying?	<input type="checkbox"/>	<input type="checkbox"/>
3. Been feeling down, depressed or hopeless?	<input type="checkbox"/>	<input type="checkbox"/>
4. Had little interest or pleasure in doing things?	<input type="checkbox"/>	<input type="checkbox"/>
5. Trouble falling or staying asleep, or sleeping too much?	<input type="checkbox"/>	<input type="checkbox"/>

If you've answered 'yes' to **any** of these questions, **Talking Therapies** can help – please turn over.

Getting **free support** from Talking Therapies couldn't be easier...

To sign up for support today:



Visit our website to complete an online self-referral form
talkingtherapies.berkshirehealthcare.nhs.uk



Or call our admin team:
0300 365 2000

