

Access FREE NHS Therapy through TALKWORKS

If you are **feeling stressed, anxious**, are experiencing ongoing **low mood**, or are having **difficulty sleeping**, the NHS can help. **TALKWORKS** is a **FREE** and confidential **NHS Talking Therapies service**, here to help adults over the age of 18 across Devon (outside Plymouth), **improve their mental and physical wellbeing**. TALKWORKS therapists and counsellors can work with you, by providing a variety of tools and techniques, to help get you back on track, so that you can feel like yourself once again.



Treatment and support include:

- **One-to-one sessions** with a therapist (face-to-face, over the phone or video call)
- Access to **employment support** for any employment related difficulties
- **Interactive group courses** and **wellbeing workshops**
- **Online self-help** accessible anytime of the day or night.

You **do not need a referral from a GP** to access TALKWORKS' services, you can **refer yourself online** or over the phone. **Waiting times for appointments are short**, with therapy sessions available Monday to Friday (early morning and evening appointments are available to book). For more information on the different treatment options and therapy services, please visit the **TALKWORKS website** or call **0300 555 3344**.