



making space

Kind hearted care and support



PSYCHOLOGICAL WELLBEING SERVICE

**A FREE NHS Funded step 2 Cognitive
Behavioural Based Therapy Service**

**Are you feeling low, anxious, overwhelmed or stressed?
Don't struggle alone.**

**Our friendly psychological wellbeing team are
here to help.**



HOW DO I ACCESS THE SERVICE?

Contact us today to find out more information
about the services we provide:



masp.wellbeing@nhs.net



01925 581 755

Our services are available to anyone who is aged 16+ and registered with a GP in the Wigan area.