

Feeling down? Anxious?

Talking Therapies in Wigan offers free NHS therapy for people aged 16 and over, including those with physical illnesses, who experience common mental health problems.

We can help you change the way you feel by changing the way you think.

Contact our service to have an assessment with one of our therapists. They will explore your current difficulties and symptoms to decide on the best therapy option to help you. We offer a wide range of easy-to-access, flexible therapy options to suit your lifestyle and to help you develop skills to manage your mood.

To self refer today, scan the QR code, go to <https://www.gmmh.nhs.uk/wigan-talking-therapies> or call us on **01942 764449**

Please note, we are a non-urgent service. If you need urgent help, please make an emergency appointment to see your GP or contact the Wigan 24/7 Mental Health Crisis Line on 0800 953 0285 (freephone).



for anxiety and depression

Service provided by Greater Manchester Mental Health NHS Foundation Trust.