



**Wigan
Talking Therapies**

Wigan Talking Therapies

Take a positive step in the right direction!

 01942 764 450

 www.iaptportal.co.uk/wiganself.html



for anxiety and depression

Service provided by Greater Manchester Mental Health NHS Foundation Trust.

Feeling down? Anxious? Talking Therapies can help

- Depression
- Anxiety
- OCD
- Health Anxiety
- Social Anxiety
- PTSD
- Phobias
- Panic

If you experience any of these difficulties scan the QR code below to refer into our service.



Please note that we are not a crisis service and if you are concerned about your safety you need to contact the Crisis line on:
0800 953 0285



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