

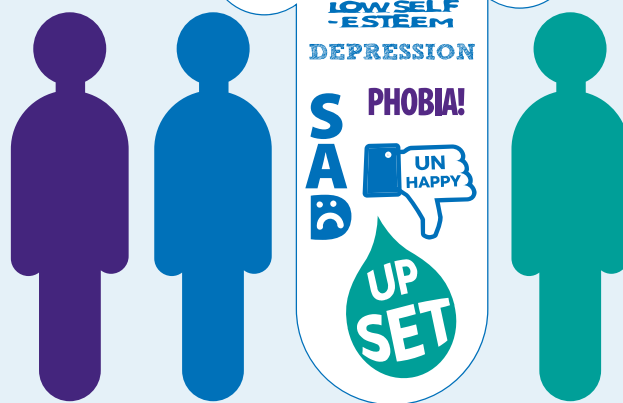
1 in 4

people experience problems with sadness, stress, worry and anxiety. You are not alone.

Lincolnshire Talking Therapies provide a FREE and confidential talking therapy service for anyone aged 16 or over.

These talking therapies include :

- Guided self-help
- Courses
- Cognitive Behavioural Therapy (CBT)
- Computerised CBT
- Counselling for depression
- Interpersonal therapy
- Eye Movement Desensitization and Reprocessing (EMDR)



To refer yourself to Lincolnshire Talking Therapies quickly and easily please:

Visit www.lincolnshiretalkingtherapies.nhs.uk

Or call 0303 123 4000



for anxiety and depression

Service provided by Lincolnshire Partnership NHS Foundation Trust