

TALKWORKS

IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING

0300 555 3344

TALKWORKS is a free, confidential, NHS talking therapy service helping you to feel better and giving you the tools and techniques to improve your mental and physical wellbeing.

TALKWORKS.dpt.nhs.uk



@DPT_TALKWORKS

READY TO TAKE THE NEXT STEP?

If you feel ready to make changes, we can help you to manage things differently, get more out of life and feel more confident in the future.

CALL US:

0300 555 3344

SELF-REFER ONLINE:

TALKWORKS.dpt.nhs.uk

We also have a dedicated Talking Health Team if you are living with a long term physical health condition affecting your mood.

NOT SURE?

If you're not yet sure if you want to get in touch and need more information in helping you make a decision please visit our website.