

Do you feel
down or sad
a lot of the
time?

Do you often
feel upset
and tearful?

Do you find
it hard to
cope?

There are times when everyone feels stressed or unhappy.

Talking about your problems can really help.

Generally, these difficult times pass, but sometimes there are problems that do not go away and it becomes harder to cope.

Talking about your problems can really help.

We offer confidential, quick and easy access to help and support.

We will contact you and offer you an appointment within a couple of days.



If you have a Smartphone with a QR code reader/scanner app, you can scan the QR code which will take you straight to our website: www.towerhamletstalkingtherapies.nhs.uk

The service is available to anyone who lives in Tower Hamlets or is registered with a Tower Hamlets GP



Making a Positive Difference Through Talking Therapies



020 8475 8080