





West Essex Talking Therapies

**Are you feeling low,
worried or stressed?
We are here to help you**

At NHS West Essex Talking Therapies, we provide a range of support to thousands of people to help them to improve their mood and find ways to manage.

If you are 16 years and older and live in West Essex we can support you by providing the tools you need to get life back on track.

**Contact us
today - it is a FREE
and confidential
service.**

-  vitahealthgroup.co.uk
-  0333 015 2966
-  Text 'YOU' to 88802

**Scan to
self refer**



Services provided by



Are you experiencing:



Excessive worry



Low mood



Depression



Anxiety



Lack of motivation

We provide a range of evidence based talking therapies and new ways of coping to help you better manage your mood.

Our therapies are available via secure video, text-based therapy, webinar, phone or face to face (one to one or group).



Our easy 3 step approach

01

Self-refer using our website, or by scanning the QR code on this leaflet or by giving us a call.

02

You will be assessed by a friendly member of our team. Together, we will agree the best support for you.

03

A fully qualified therapist will support you throughout your treatment.



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Making People Better in West Essex