



We help with anxiety, depression, or stress

FREE

confidential, and tailored for you

Our experts have helped lots of people in
Walsall become happier and healthier



For anyone aged 17 or over registered with a Walsall GP

Support available via...



In-person



Phone



Video



Online



Workshop



Call 0800 953 0995 or self-refer by visiting
www.walsalltalkingtherapies.nhs.uk

