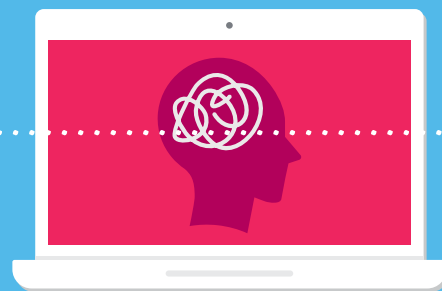


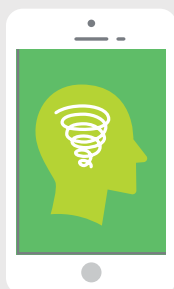
# SUPPORT FOR LOW LEVEL MENTAL HEALTH NEEDS



## ONLINE SELF HELP MODULES

Sign up for our online therapy programme proven to help with common difficulties such as stress, anxiety, low-mood and depression via telephone, video, face to face or an online therapy app. It is a completely confidential internet-based system that delivers flexible and bespoke programmes which are designed to be completed in your own time, at your own pace.

You can either be set up on the right programme for you to work through alone or we can pair you with a psychological wellbeing practitioner who will follow your journey, provide support and feedback and have suggestions on how to continue to improve your wellbeing.



FIND OUT MORE :01924 234 860  
[talking.turning-point.co.uk](http://talking.turning-point.co.uk)

If more support there is a menu of other options or we can support into another appropriate service



## ONLINE WELLBEING WORKSHOPS

Book yourself on without assessment on our website.

They are informal 'talks' online to provide you with more information about common mental health problems and filled with techniques to help manage these. There is no pressure to share personal experiences, you can just come along and learn. We will also let you know more about further support and resources available to you.

## WELLBEING COURSES

We have a variety of face to face and online self help courses, lead by a therapist, to walk you through a complete tool kit to manage issues such as Stress, panic, anxiety and OCD.

## ONE TO ONE SUPPORT

One of our Psychological Wellbeing Practitioners can work with you over the phone or face to face on a weekly to support you through proven strategies and techniques to overcome anxiety and/or depression.



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