

FREE SUPPORT FOR YOUR MENTAL HEALTH



TURNING POINT TALKING THERAPIES

If you are aged 16 years or older and are registered with a GP in the Wakefield District, you can access our services by contacting us directly. If you wish to self-refer you can refer online via our website, call us or drop in to our shop, in Wakefield.



WHAT WE CAN HELP WITH

- Stress, Anxiety & Worry
- Depression & Low Mood
- Obsessive Compulsive Disorder
- Panic Disorders & Panic Attacks
- Low Self-Esteem & Low Confidence
- Social Anxiety
- Post Traumatic Stress Disorder
- Health Anxiety
- Chronic Pain & Long Term Health Conditions
- Complex Grief
- Phobias
- Poor Sleep

GROUPS
ONE TO ONE
ONLINE
FACE TO FACE
VIDEO CALL
TELEPHONE

PHONE LINE OPENING TIMES

Monday - Thursday: 8.00am - 8.00pm

Friday: 8.00am - 4.00pm

Saturday: 9.00am - 4.00pm

For more information scan the QR code or contact us on the below:

 talking.turning-point.co.uk

 01924 234 860

 wakefield.talking@turning-point.co.uk

 57 Kirkgate Wakefield WF1 1HX

HOW WE CAN HELP

- Wellbeing Workshops & Webinars
- Guided Self-Help
- Online Self-Help Programme
- Cognitive Behavioural Therapy
- Eye Movement Desensitisation & Reprocessing Therapy
- Interpersonal Therapy
- Dynamic Interpersonal Therapy
- Couples Therapy for Depression
- Emotion Focused Counselling
- Mindfulness



**TURNING POINT
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Turning Point - Registered Charity - 234887



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