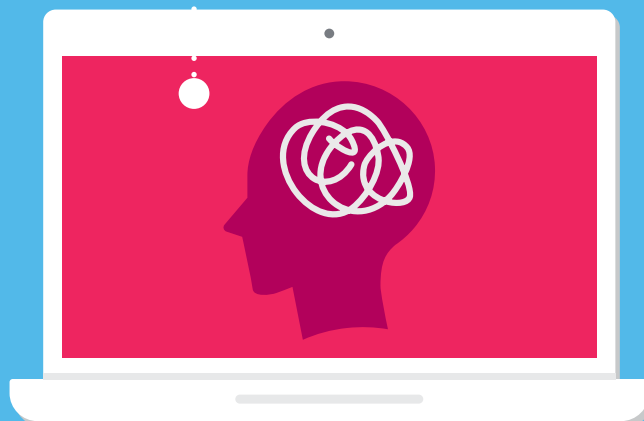


# WELCOME TO MY TURNING POINT YOUR ONLINE SPACE FOR THINKING AND FEELING BETTER



**FREE  
APP**

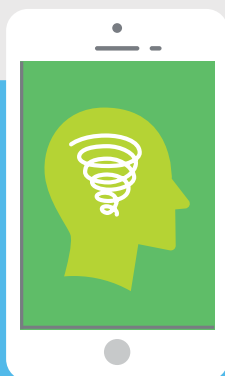


## WHAT IS MY TURNING POINT?

Secure, fast access to online supported CBT (Cognitive Behavioural Therapy) programmes, tailored to your specific needs.

Our programmes have demonstrated high improvement rates for depression, anxiety and stress.

It's flexible - access it any time, anywhere, on your computer, tablet or mobile phone.



## AT YOUR OWN PACE

Complete your specially selected modules at your own pace, but ideally over approximately 8 weeks. You will have access to the resources and tools for 12 months

## WORK INDEPENDENTLY OR WITH SUPPORT

A Psychological Wellbeing Supporter will provide feedback, guidance and suggest additional add on modules recommended for you

## EASY TO USE

Interactive tools, diaries and activities make your experience interesting and motivational

Sign up by referring online  
**[talking.turning-point.co.uk](https://talking.turning-point.co.uk)**  
or call : 01924 234 860

(POWERED BY SILVERCLOUD)

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**TURNING  
POINT**

