

Wellbeing Service

Talking therapies can help you to...

manage stressful situations

learn coping techniques

manage worry

relax

overcome low mood

improve sleep

boost wellbeing

We can help you work out how to feel better.

The Hertfordshire Wellbeing Service offers psychological help and practical support for people experiencing a wide range of common mental health conditions. It is part of the national initiative Improving Access to Psychological Therapies (IAPT).

To refer yourself to this free NHS service:

- **0800 6444 101**
- **www.hpft-iapt.nhs.uk**



We accept referrals from people who are aged 16 years and over and registered with a GP in Hertfordshire



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