

A close-up portrait of a woman with long, dark hair, looking directly at the camera with a neutral expression. The background is a plain, light grey.

**“ I JUST
DIDN'T THINK
I COULD COPE ”**

JUST TALKING CAN HELP

NHS talking therapies can help you if you're struggling to cope with feelings of anxiety or depression. They're effective, and confidential.

Your GP can refer you or you can refer yourself online [nhs.uk/talk](https://www.nhs.uk/talk)

The 'Your health matters' logo, with the text 'Your health matters' in white on a blue square background.

**help us
help you**