

Helping you to help yourself



Help and support at difficult times can allow you to feel that you are not on your own – things can get better and we can help you to help yourself.

The Leeds Primary Care Mental Health IAPT (Improving Access to Psychological Therapies) Partnership is making talking therapies more widely available to anyone who needs them. These therapies include guided self-help, stress and mood management, groups, one-to-one cognitive behavioural therapy (CBT) and other psychotherapeutic approaches.

If you are 17 and over (including 65+) we can work with you to:

- Develop new ways of coping
- Be more in control of your feelings
- Find ways to reduce panic or anxiety

To find out more or to make a referral, ring the main number overleaf or ring the number that best suits your needs.

Or visit the Touchstone, Community Links or Leeds Counselling websites listed overleaf and complete a referral form yourself.

**Stress
Anxiety
Depression
Emotional problems**



**To arrange an appointment
or make an enquiry ring**

0113 843 4388

line open 8.30am–4pm Mon–Fri

Alternatively you can directly contact our services specialising in working with:

Young People (17–21)

0113 200 9188 (Community Links)

Black and Minority Ethnic Communities

0113 216 3000 (Touchstone)

The Leeds Primary Care Mental Health IAPT Partnership is a partnership between Leeds Community Healthcare NHS Trust, Leeds Counselling, Community Links and Touchstone.

www.commlinks.co.uk • www.leedscommunityhealthcare.nhs.uk
www.leeds counselling.org.uk • www.touchstonesupport.org.uk