

## 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 Primary Care Mental Health and IAPT (Improving Access to Psychological Therapies) service in Leeds is making talking therapies more widely available to anyone who needs them. These therapies include guided self-help, stress and mood management, 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

**Primary Care Mental Health Service and IAPT**

Or you can refer yourself to:

**Leeds Counselling IAPT service**                      0113 243 0022

**Community Links IAPT service**                      0113 200 9188

Specialising in working with Young People

**Touchstone IAPT service**                              0113 216 3000

Specialising in working with Black  
and Minority Ethnic Communities

[www.commlinks.co.uk](http://www.commlinks.co.uk) • [www.leedscommunityhealthcare.nhs.uk](http://www.leedscommunityhealthcare.nhs.uk)  
[www.leedscounselling.org.uk](http://www.leedscounselling.org.uk) • [www.touchstone-leeds.co.uk](http://www.touchstone-leeds.co.uk)