

65 OR OVER? FEELING...

DOWN, DEPRESSED, ANXIOUS, LONELY OR CAN'T SLEEP?



“I was feeling anxious and lonely after my husband died. I gave IAPT a call and they really helped me!”

“I struggled to with sleep which was affecting my mood. I was referred to the IAPT service and they gave me self help tips that make things feel better!”

IF YES CALL US FOR FREE HELP AND SUPPORT!

If you are registered with a GP in Doncaster and would like support from our service then please contact us on **01302 565556**



Improving Access to Psychological Therapies (IAPT).

We provide talking therapies for people experiencing common mental health problems. Visit us at www.talkingsense.org