

## **Talking Therapies for Anxiety and Depression – A local community service**

**Are you struggling with low mood?**

**Are you experiencing low motivation or low confidence?**

**Are you feeling a sense of discomfort, frequently on edge?**

If you are an adult (+18), registered with a Hackney GP, GP at Hand, and experiencing the above, our service may be suitable to you. Suitability will be determined during an initial conversation with one of our practitioners. If not suitable or eligible, we will support your access to the nearest, most appropriate, alternative services.

### **What does our service offer?**

- the tools and skills to reduce symptoms of anxiety and depression.
- a way forward to think differently about challenging experiences, by developing a new relationship with those experiences that is built on curiosity and kindness.
- an approach that recognises aspects of our identities and culture influence our wellbeing.

You may self-refer by reaching us at: [pthelp@mindchwf.org.uk](mailto:pthelp@mindchwf.org.uk) or on  
**0208 985 4239**

By clicking the link below:

<https://www.mindchwf.org.uk/services/therapy/>