



Do you feel...

Stressed?

Low?

Worried?

If you're aged 17 or over and registered with a Walsall GP, our Talking Therapies Service can help to support you in coping with everyday life.

If you would like to find out more about what we can offer and to self-refer, please visit

www.dwmh.nhs.uk/ttwalsall or


call us on freephone 0800 953 0995



You can self-refer into our service using the self-referral button on our website www.dwmh.nhs.uk/ttwalsall or by calling freephone **0800 953 0995** between 9am - 4.30pm, Monday - Friday (excluding bank holidays)



You will be contacted within 5 working days to agree the best way forward to get the help you need



Treatment tailored to your individual needs including either progression into Walsall Talking Therapies Service or signposting to other support

For more information, or to self-refer visit www.dwmh.nhs.uk/ttwalsall or visit your Walsall GP