TalkPlus

Your Mental Health Matters

CALLING ALL PARENTS, CARERS AND TEACHERS...

You have been super-heroes during lockdown and your resources might feel a bit low. If you are looking for simple ways to boost your mood, manage stress, sleep or worry contact TalkPlus.

We are a free NHS talking therapies service for anyone 16 years and over, offering one to one support via Video, Telephone and SMS in North East Hampshire and Farnham. We also run webinars and courses including Coping with stress, Surviving and thriving at work, Managing low mood and anxiety and Mindfulness. We can provide flexible sessions 8am-8pm, including access to single session therapy for those with a single problem to focus on, offering help at the point of need.

To self-refer, visit our website for more info: www.talkplus.org.uk/self-referraloptin

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