



**North Cumbria
Talking Therapies**

**Struggling with low mood, stress,
anxiety, and coping with difficult
times?**

**Want to worry less, enjoy
life more, and feel more relaxed?**

A free, confidential NHS Talking
Therapies service for adults in
North Cumbria.

SCAN ME



Find out more:

www.cntw.nhs.uk/NCTalkingTherapies

Tel: 0300 123 9122



for anxiety and depression

Service provided by Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust