



**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](http://www.cntw.nhs.uk/nctalkingtherapies)**

**Tel: 0300 123 9122**



**for anxiety and depression**

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