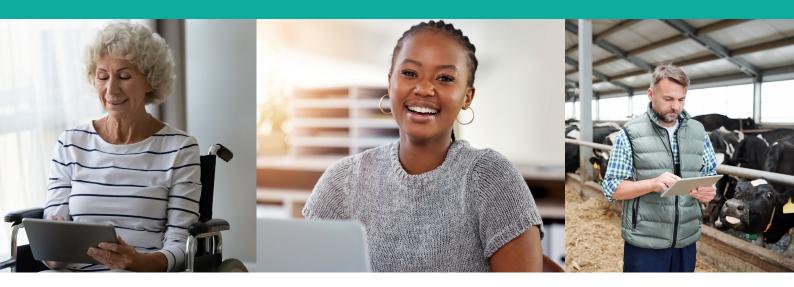


NHS North Cumbria Talking Therapies for anxiety and depression

provide a range of computerised programmes that are:

- ☑ supported by trained health professionals.
- ☑ completely free and easily accessible.
- ☑ available any time of day and from any device, including a tablet or your mobile phone.



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

To find out more scan the QR code or visit: www.cntw.nhs.uk/nctalkingtherapies



