

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

SCAN ME



for anxiety and depression

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