

Throughout this difficult time, it's natural to be feeling unsure, concerned about the future and cut off from others. We are here to help, offering support by telephone, video call, instant messaging and webinar.

We offer a range of courses, talking therapies such as cognitive behavioural therapy, counselling for depression, interpersonal therapy and couples counselling, and access to online social events to help us feel connected. Our [social events](#) are based around the '5 ways to wellbeing' and range from quiz nights to gardening. We also have a variety of regular [online webinars](#) which focus on ways to look after your mental health during the Coronavirus pandemic.

Should you wish to talk to one of us directly, you can self-refer for a telephone assessment. More information about this can be found [here](#). The Wellbeing Service is an NHS IAPT service which offers a range of psychological therapies to help and support people to manage stress, low mood and anxiety, whatever the cause. We aim to reduce the onset of these difficulties, prevent deterioration, and promote recovery by offering a range of flexible services tailored to meet specific needs. Our Peer Support Workers have lived experience of mental health and use this expertise to support your recovery journey.

Our service provides support to anyone age 16 or over. For more information please visit our website www.wellbeingnands.co.uk or call: **0300 123 1503**

For news, updates and alerts for same day appointments please follow us on [Facebook](#), [Instagram](#) and [Twitter](#).