



## **FREE NHS IAPT talking therapies service**

TalkPlus is your friendly NHS primary mental health care service, available to anyone aged 16+ in the North East Hampshire and Farnham area.

We offer support for common mental health problems; you can find out more information about how we can help on our website <https://www.talkplus.org.uk/> We also have a guided self help section with booklets to work through and read <https://www.talkplus.org.uk/guidedselfhelp>

You can refer online <https://www.talkplus.org.uk/self-referraloptin> or via the phone with Admin on 01252 533 355.

Don't like talking on the phone? Text us on 07860018070.

If in doubt about referring, you can discuss the best option with your GP.

Whilst we are not a crisis service, like with most physical health conditions it's good to seek advice earlier rather than later. <https://www.talkplus.org.uk/need-urgent-help-or-in-crisis>

 @talkplusiapt

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 @TalkPlusNHS

Contact us:

01252 533 355

[www.talkplus.org.uk](https://www.talkplus.org.uk)