



We help with anxiety,  
depression, or stress



Sandwell  
Talking Therapies

**FREE**

confidential, and tailored for you

Our experts have helped lots of people in  
Sandwell become happier and healthier



For anyone aged 16 or over registered with a Sandwell GP

Support available via...



In-person



Phone



Video



Online



Workshop



Call 0121 612 6650 or self-refer by visiting  
[www.sandwelltalkingtherapies.nhs.uk](http://www.sandwelltalkingtherapies.nhs.uk)

