

SEEKING

PSYCHOLOGICAL

HELP?

These are uncertain times, but most **NHS talking therapy services** are still open. So, if you need help, do come forward.



Telephone / online talking therapies are safe and effective for both adults and children, when delivered by qualified NHS professionals.



To find NHS talking therapies services for adults visit www.nhs.uk/service-search/find-a-psychological-therapies-service



To find services for children & adolescents visit: www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/child-and-adolescent-mental-health-services-camhs