



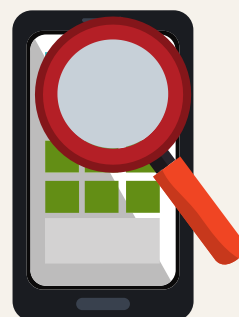
# OPEN AS USUAL

## Accepting referrals for free NHS Counselling and CBT (Cognitive Behavioural Therapy)

Due to Stay Safe, Stay at home guidelines we are offering telephone, video call and instant messaging sessions as usual but are unable to offer face to face at the moment.

To refer please go online at:

<https://www.talkplus.org.uk/self-referraloptyn>



We are offering online webinars instead of our courses - Please ask for more details on your referral form.

The following webinars are being offered in the coming weeks:

Managing stress

Managing low mood

Mindfulness

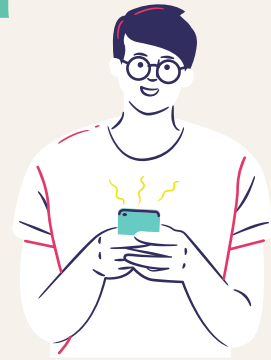
Managing worry during Covid 19

Top tips on managing relationships during Covid 19 (More details on our social media)

Managing Long Term Conditions'



# Can't get a private space to have a telephone call or video call?



## We also offer instant messaging therapy sessions.

Do you have a specific difficulty you'd like to focus on immediately?  
**We can offer Single Session Therapy.**

You will learn coping strategies in one session and receive a review call a month later to see how you got on. Please request this type of therapy if you're feeling really motivated to take the first steps overcoming a specific difficulty at the moment, like anxiety over the pandemic or feeling overwhelmed by work stress

## Did you know that the TalkPlus website has lots of useful information?

MP3 downloads for different types of relaxation exercises , video clips and leaflets on how to deal with anxiety, depression and worry. We have some video clips in Nepalese.

Watch our social media for regular tips and updates on wellbeing

Facebook @talkplusiapt

Twitter @TalkPlusNHS

Instagram @talkplus\_nhs

<https://www.talkplus.org.uk/>

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