

Feeling down? Anxious?

Talking therapies can help

Talking Therapies in Wigan offers free NHS therapy for people aged 16 and over, including those with physical illnesses, who experience common mental health problems.

We can help you change the way you feel by changing the way you think.

Contact our service to have an assessment with one of our therapists. They will explore your current difficulties and symptoms with you to decide on the best therapy option to help you. We offer a wide range of easy-to-access, flexible therapy options to suit your lifestyle and to help you develop skills to manage your mood and anxiety.

How do I access the service?

Scan this QR code



Self-refer online at <https://www.gmmh.nhs.uk/wigan-talking-therapies>

or call us today on **01942 764449**.

Samaritans

116123

for anxiety and depression

Service provided by Greater Manchester Mental Health NHS Foundation Trust.

Signs that you may be depressed or anxious can include:

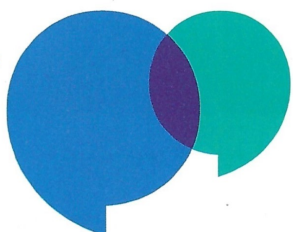
- Negative or gloomy thoughts
- Changed eating or sleeping patterns
- Loss of interest in things you used to enjoy
- Finding it hard to relax
- Loss of energy
- 'Brain fog'
- Worrying all the time
- Drinking more alcohol or caffeine
- Feeling like you'd rather not be around other people
- More irritable and snappy than usual
- Feeling that you will never be able to manage your physical difficulties
- Not wanting to take your medication
- Feeling that your physical illness means you'll never be able to enjoy life again

If you spot some of these and they last for more than two weeks, Talking Therapies can help

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Please note, we are a non-urgent service. If you need urgent help, please make an emergency appointment to see your GP or contact the Wigan 24/7 Mental Health Crisis Line on **0800 953 0285** (freephone)



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