

Parenting can be stressful and overwhelming at times

Are you experiencing any of the following?

- ❓ Feeling low and tearful
- ❓ Feeling depressed
- ❓ Feeling panicky
- ❓ Excessive worrying
- ❓ Feeling anxious or stressed
- ❓ Sleep problems
- ❓ Unhelpful or distressing thoughts
- ❓ Fear of specific objects or situations

Boost your wellbeing and resilience with

Blackpool Healthier Minds



We offer a range of talking therapies and one-off webinars.

Contact us to find out more

- ✓ Guided self-help
- ✓ Counselling
- ✓ Cognitive Behavioural Therapy (CBT)
- ✓ Eye Movement Desensitisation and Reprocessing Therapy (EMDR)
- ✓ Online CBT
- ✓ Stress Control courses
- ✓ Mindfulness courses
- ✓ Resilience & Me Webinar
- ✓ Anxiety & Worry Webinar
- ✓ Low Mood Webinar
- ✓ Sleep & Relaxation Webinar

Blackpool
Healthier Minds
Service



NHS
Blackpool Teaching
Hospitals
NHS Foundation Trust

To self refer: 01253 955700 or bfwh.healthierminds@nhs.net