

## 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

### Supporting Minds offers a range of talking therapies including...

- Cognitive Behavioural Therapy (CBT)
- Counselling
- Guided self-help
- Silver Cloud (on line therapy)
- Eye Movement Desensitisation Therapy (EMDR)
- Stress control group
- Mindfulness courses

We can also provide information about local services that you may benefit from

To self-refer please call: **01253 955700**,

Email us at: **[bfwh.supporting.minds@nhs.net](mailto:bfwh.supporting.minds@nhs.net)**

or search **[f @iapt Supporting Minds Blackpool](#)** or our website:

**<https://www.bfwh.nhs.uk/our-services/community-services/supporting-minds/>**

**Supporting Minds are not able to provide reports for compensation, legal or benefits claims, or prescribe medication. We do not offer 24-hour or weekend access, crisis or urgent treatment, treatment for alcohol or drug problems or treatment for severe and enduring mental illness.**

**Please discuss these needs with your GP.**