

It's okay not to be okay

One in four of us will experience a mental health problem at some point in our lifetime. You don't have to face it alone, we are there to help.

We offer free, confidential talking therapies for those aged 16 years and over.

Contact us to self-refer:

 <https://www.iaptportal.co.uk/bolt.html>

 01204 483101



You can also speak with your doctor or health professional, it's **your choice**.



for anxiety and depression