

## What is Norfolk and Waveney Talking Therapies

We are an NHS service offering a range of free support to help people make changes to improve their wellbeing and to help them cope with common mental health and emotional issues such as low mood, stress, anxiety and depression.

Our service is for people who are 16 years or over. You can contact us by phone **0300 123 1503** or via our website: **nandwtalkingtherapies.org.uk**

## How can the service help me?

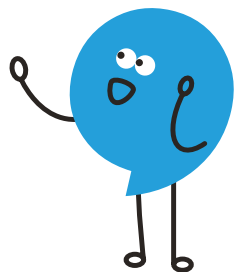
We work with you to help you make the necessary changes to improve your wellbeing and quality of life.

For most of us, there are times in our lives when we can feel stressed, anxious, depressed, overwhelmed, out of control, confused or simply cannot cope.

Sometimes these feelings become so overwhelming that they affect our daily lives and stop us doing the things we enjoy. They can make us feel that no-one understands us and that nothing can be done.

We offer a whole range of services to support people with their wellbeing. These include:

- Workshops and courses to help you to achieve a better sense of wellbeing, and to manage difficulties such as stress, worry and insomnia.
- Guided self-help and psychological therapies using Cognitive Behavioural Therapy.
- Help to access peer support and social groups.
- Help to find other support for issues affecting your wellbeing such as debt, housing and employment.



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John Hyrne Way  
Costessey  
Norwich  
NR5 0AF



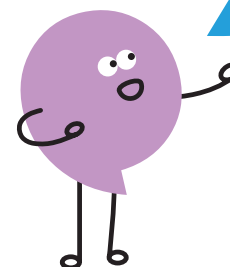
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Norfolk and Waveney  
Talking Therapies

Overwhelmed?  
low?  
stressed?  
anxious?

If you are troubled by any of these things, or know someone who is, we are here to help with a range of free support.



 **0300 123 1503**

 **nandwtalkingtherapies.org.uk**



for anxiety and depression

To get in touch with us for support, just fill in your details below, seal and put in the post.

Your name:

Your date of birth:

Your address:

Postcode:

Your email address:

Your daytime phone number:

How would you prefer us to contact you?  
(tick one as appropriate)

☐ Phone ☐ Email ☐ Post

Is it OK to leave a voice message? ☐ Yes ☐ No

Name of your GP:

Address of your GP:

Where did you hear about us?

## How Norfolk and Waveney Talking Therapies has helped others

"The stress control workshops helped me to know I'm not alone in feeling the way I do."

"The staff I have worked with are pleasant, approachable and kind."

"I found the workshop really helpful and it has given me the tools to manage and rebuild my wellbeing."

This service is not for crisis or emergency situations. If you are experiencing a mental health crisis and are suicidal contact NHS **111** and select the Mental Health option, or the Samaritans at any time on **116 123** or visit: **samaritans.org**

**If you need an emergency service dial 999.**



If you would like this information in large print, audio, Braille, alternative format or a different language, please contact Customer Services on **01603 421486** or send an email to **customer.service@nsft.nhs.uk** and we will do our best to help.

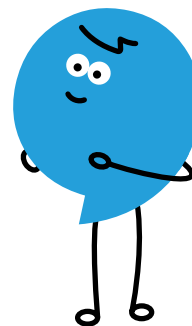
Norfolk and Waveney Talking Therapies is provided by Norfolk and Suffolk NHS Foundation Trust working with Norfolk and Waveney Mind and Relate.

We work together to deliver a range of support interventions for people aged 16 and over with low mood, anxiety and depression. For more information about who we are visit: **nandwtalkingtherapies.org.uk**

Norfolk and Waveney Talking Therapies is commissioned by Norfolk and Waveney Integrated Care Board.

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## Where can I get support from Norfolk and Waveney Talking Therapies?

We offer support over the phone and online via video call, as well as face to face at a variety of venues across Norfolk and Waveney.

We can also come to your place of work or study to offer specialist workshops helping people to manage stress at work.

## How can I get Norfolk and Waveney Talking Therapies support?

There are a number of ways people can get our help:

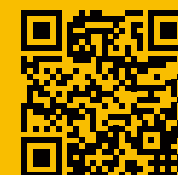
- Self refer to Norfolk and Waveney Talking Therapies (people aged 16 and over) via our website **nandwtalkingtherapies.org.uk** or by calling us on **0300 123 1503\*** or by filling in and tearing off the form opposite and posting it to us.
- Ask your GP or any other health or social care professional to refer you to our service

\*Depending on your provider call costs from a land line or mobile will vary.

## How can I get more information?

Visit our website at **nandwtalkingtherapies.org.uk** or by scanning the QR code opposite.

Scan me



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