



**NHS**

**Dudley Integrated  
Health and Care  
NHS Trust**

**Learn  
techniques  
and skills to**

**Worry less**

**Cope differently**

**Get back to enjoying life**



**Dudley Talking Therapy Service**

**Access to  
Psychological  
Therapies (IAPT)**

## Looking for techniques and skills to help with low mood, anxiety, or stress?

Dudley Talking Therapy Service offers free evidence-based psychological therapies to help individuals feeling low or anxious who are 16+ with a Dudley GP. The therapy can be done in person, over the phone, or online.

### Do I need help?

If you're unsure whether you need support you can discuss this at assessment and we will talk you through the best options to meet your needs.

### What if we can't help?

If we're not the right service for you we can support you in finding an appropriate service. We can also signpost you to community or specialist services if we can't help.

### What will I be offered?

We will offer a treatment that is clinically appropriate and evidence based for your presenting symptoms.

## What we can offer support with?

Stress, a range of anxiety disorders including Obsessive Compulsive Disorder and Post Traumatic Stress Disorder, depression, worry and self esteem.

We are a free service offering mental health support and treatment for individuals over the age of 16 who are experiencing a period of stress, anxiety, low mood.

