NHS

Derby and Derbyshire Talking Therapies



Are you feeling low, worried or stressed?

We are here to help you

If you are struggling with your mental health, we provide a variety of support to thousands of people to help deal with your thoughts, feelings and emotions.

Our Talking Therapies service can provide a safe space for you to discuss how you are feeling, navigate your struggles and find the support you need to improve your mental health.

www.derby-talk.co.uk

0333 041 7262

Scan to self-refer - it is a FREE confidential service

Services provided by

vita health group
Part of Spire Healthcare

EVERYTURN Mental Health

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Are you experiencing:

Excessive worry

Low mood

Ongoing stress

Anxiety

Lack of motivation

Our evidence-based talking therapies can help you find new ways to cope with your mental health and manage your mood.

We offer a range of talking therapy services including face to face sessions, webinars and SilverCloud digital self-help.



Our easy 3 step approach

01 You can self-refer using our website, scanning the QR code below or calling us.

02 A friendly member of our team will assess you and together, we will agree on the best option of support for you.

03 A fully qualified therapist will support you throughout your treatment.

Contact us today - it is a FREE and confidential service

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Making People Better in Derby and Derbyshire

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