



Haven't been feeling yourself lately? We are here for older people.

Did you know?

Feeling down isn't a natural part of aging.

It is estimated that 1 in 5 over-65's living in the community is affected by low mood, stress or worry.

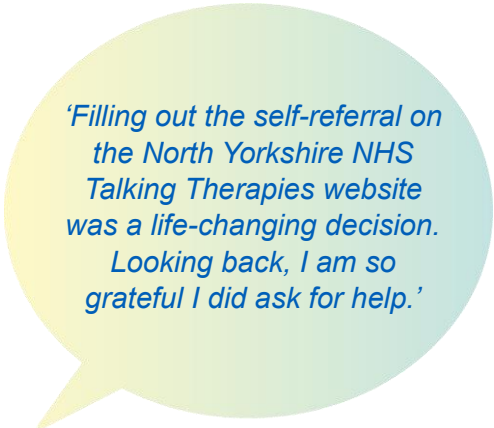
It's a sign you're not feeling as well as you should be. You don't have to struggle.

Support is available that can help you feel better. Talking Therapies are proven to help, particularly for older people.

Feeling stressed, anxious, or experiencing low mood is like a physical health condition, and it can be successfully treated.

We encourage anyone who is finding life's daily demands difficult to cope with to talk to their GP about accessing Talking Therapies or visit our website www.northyorkshiretalkingtherapies.co.uk to find out more and make a **self-referral**. It's fine for a family member to help you with the referral.

All Talking Therapies are confidential and available free on the NHS. Don't suffer alone and in silence. We're here to help lift your mood.



'Filling out the self-referral on the North Yorkshire NHS Talking Therapies website was a life-changing decision. Looking back, I am so grateful I did ask for help.'

**We're also available at these four offices -
Monday-Friday 9-4pm:**

Harrogate - **01423 852137**

Hambleton and Richmondshire - **01609 768890**

Scarborough, Whitby, Ryedale - **01947 899270**

Vulnerable Veterans & Adult Dependents - **01748 831964**

