



Free courses to help with stress, anxiety, low self-esteem, sleep problems and other similar issues are all available through the NHS.

The courses are being provided by the county's Let's Talk service and are based on Cognitive Behavioural Therapy (CBT). Let's Talk is an Improving Access to Psychological Therapies service provided by 2gether NHS Foundation Trust.

As well as courses, Let's Talk also provides therapy over the phone as well as face-to-face. There are also guided self-help books you can access.

To find out more about courses in your area, ring 0800 073 2200 or visit [www.talk2gether.nhs.uk](http://www.talk2gether.nhs.uk)