

Are you...

unable to cope with work

stressed

fed up and tearful

lonely

in pain all the time

unable to sleep

worried all the time

The Wellbeing Team
can help you work out how to feel better...

We offer workshops, online self help, guided self help with telephone support, individual sessions and other techniques aimed at helping you to find ways of coping and get you back to your usual self.



To refer yourself to this free service

- **Visit www.talkwellbeing.co.uk**
to make an online referral
- **Visit www.hpft.nhs.uk/wellbeing-service** to
download a referral form
- **Visit your GP** who can make a referral for you

To use this service you need to be registered with a Hertfordshire GP



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