



North Cumbria
Talking Therapies

Struggling with low mood, excessive worry or anxiety?

Want to worry less, enjoy life more, and feel more relaxed?

A free, confidential NHS Talking Therapies service for adults in North Cumbria.

SCAN ME



Find out more:

www.cntw.nhs.uk/nctalkingtherapies

Tel: 0300 123 9122



for anxiety and depression

Service provided by Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust