

**Feeling low,  
anxious or  
stressed?**

Join thousands of  
local people  
benefitting from free  
**NHS talking therapies**

As well as **anxiety** and **depression**, we can help with common conditions including **post-traumatic stress**, **obsessive compulsive disorder** and **phobias**.

If you're **struggling**  
following a life event,  
perhaps a separation  
or bereavement...

**...or feel anxious  
about going to busy  
places or speaking  
in public...**



**Access Sefton**  
talking therapies  
can help.

Anyone aged 16+ and  
registered with a  
Sefton GP can make a  
simple self-referral.



To find out more, call  
us on **0300 303 2708**  
or ask your GP for more information

You can self-refer online anytime by visiting  
[www.insighthealthcare.org/AccessSefton](http://www.insighthealthcare.org/AccessSefton)