

Stress
Anxiety
Depression
Emotional problems

Helping you to help yourself



Help and support at difficult times can allow you to feel that you are not on your own – things can get better and we can help you to help yourself.

IAPT – The Improving Access to Psychological Therapies Programme in Leeds is making talking therapies more widely available to anyone who needs them. These therapies include guided self-help, stress and mood management and one-to-one Cognitive Behavioural Therapy (CBT).

If you are 17 and over (including 65+) we can work with you to:

- Develop new ways of coping
- Be more in control of your feelings
- Find ways to reduce panic or anxiety

To find out more or to make a referral, ring the number overleaf that is closest to you or ring the number that best suits your needs.

Or visit the Touchstone, Community Links or Leeds Counselling websites listed overleaf and complete a referral form yourself.

IAPT Leeds – a partnership between NHS Leeds Community Healthcare, Community Links, Touchstone & Leeds Counselling



**Stress
Anxiety
Depression
Emotional problems**



To arrange an appointment ring

West Leeds	0113 295 1939
North West Leeds	0113 843 0112
East Leeds	0113 843 4391
South Leeds	0845 200 1229
North East Leeds	0113 843 4424
Leeds Counselling	0113 243 0022

City-wide services specialising in working with:

Young People 17–21 (Community Links)	0113 200 9188
Black and Minority Ethnic communities (Touchstone)	0113 216 3000