

# Feeling stressed, anxious or depressed? Healthy Minds could help you

All of us at some point feel low, anxious, worried or depressed. It is completely normal but it can also start to impact what we do and who we are and when we reach that point it is important to get help to prevent these feelings getting worse.

We understand that seeking support is a big step. There are many situations in a person's life which may cause stress, anxiety, low mood or depression. We hope to provide you with support and information that will help you feel yourself again.

Our NHS Healthy Minds provide a range of free, confidential support. This includes:

- Online therapy which you do at your own pace and in your own time
- Groups and Courses where you can share (as much or as little as you wish) and learn from other people
- Or more traditional 1:1 support
- We can also help you access some of the great resources available in your local area.

To access the Herefordshire Healthy Minds service you must be aged 18 or over and registered with a GP in Herefordshire. You can self-refer by either calling: 01432 347606 or to complete the online self-referral form.

To access the Worcestershire Healthy Minds service you must be aged 16 and over and registered with a GP in Worcestershire. You can self-refer by either calling: 0300 302 13 13 or to complete the online self-referral form.



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