

Trafford Psychological Therapies

Here to help when life is difficult

Confidential, free, NHS talking therapy for people 16 years and over, who are registered with a Trafford GP.

Examples of things we could help you with:

- Anxiety/Worry
- Low mood/Depression
- Stress
- Sleep
- Trauma/PTSD
- OCD
- Health anxiety
- Phobias
- Anger
- Self-Esteem
- Grief/Loss Panic
- Adjustment

Ways to refer:

Self-refer online:

www.gmmh.nhs.uk/tpt

Request a self-referral form
by phone: **0161 357 1350**

Or ask your GP to refer you.

