

TALKWORKS

IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING

NHS

Devon Partnership
NHS Trust

**IS THE CURRENT SITUATION HAVING AN
IMPACT ON YOUR MENTAL WELLBEING?
ARE YOU STRUGGLING TO SLEEP OR FEELING LOW?**

It's understandable that at this time, everything feels overwhelming.

We are a free, NHS service dedicated to helping you handle these stressful times, one day at a time. You are not alone.

WE ARE OPEN AND HERE TO HELP.

0300 555 3344

www.TALKWORKS.dpt.nhs.uk