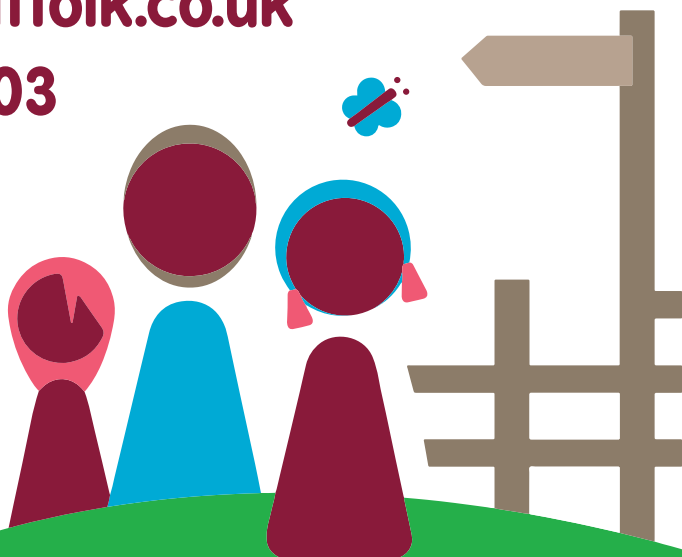


Anxious, stressed, low or depressed? We're here to help you

We offer free mental health support in Suffolk to people aged 16 or over.

You can self-refer for talking therapy (without seeing your GP) and access a large range of online workshops by visiting us online or giving us a call.

wellbeingsuffolk.co.uk
0300 123 1503



for anxiety and depression

Service provided by Norfolk and Suffolk NHS Foundation Trust

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