

NHS North Lincs Talking Therapies

We provide talking therapies for adults experiencing common mental health problems.

If you have experienced any of the following for more than two weeks, please contact us.

- Depression • Anxiety • Phobia • Panic
- Post-traumatic stress disorder (PTSD)
- Obsessive compulsive disorder (OCD)

You can now self-refer online at:



talkingtherapies.rdash.nhs.uk



Or call us on: **03000 216165**

Self-help materials are also available online



Did you know? We offer employment support with NHS North Lincs Talking Therapies.



We know work can play a huge part when it comes to our mental health. While using our services, you can now access our employment advisors who can:

- support you to stay in work
- provide advice on what support you are able to get in the workplace
- help you to find work.

Ask our team for more information



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for anxiety and depression