



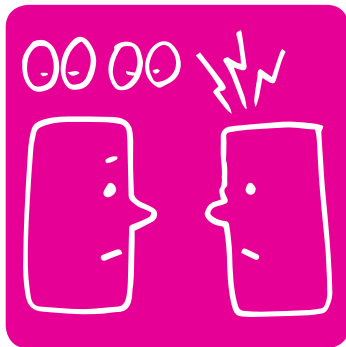
“I sometimes find it hard to talk about my problems at home, but being able to self-refer gave me the confidence to get help without everybody knowing”

Do you feel stressed, worried, anxious, low, panicky, sad?

The pressures of life can affect everyone differently, but there are common symptoms to look out for. Help isn't far away...

My treatment is fully confidential; no-one knew I was having treatment, but they've noticed I'm much happier

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miapt provides help and support for people who are suffering with stress, low mood, anxiety and other mild, moderate or severe mental health issues.

Our range of free psychological therapies can provide you with the guidance and support you need to deal with life's challenges. We offer confidential and flexible NHS-funded primary care psychological therapies in a number of locations, including GP practices and community venues.



To see if we can help, call **020 3823 9063**. You can refer yourself or speak to your GP and ask to be referred to us. For more information about mental health problems and treatment visit **www.thinkaction.org.uk/miapt**

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