wellbeing
Helping you live your life

NHS
Suffolk
Talking Therapies

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
• MTCIC • Family Action • Shaw Trust • Suffolk Family Carers
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