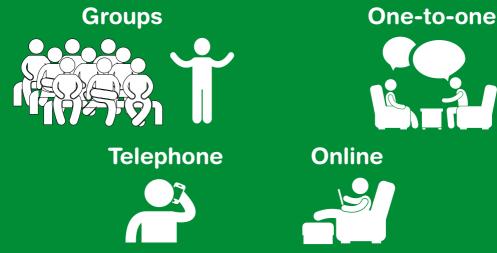


**italk** provides **FREE** treatment to people experiencing common mental health problems such as depression, anxiety disorders and stress.

Our treatments include:



If you're aged 16 or over and registered with a GP in any of the following areas we can support you: Alton, Andover, Basingstoke, Bordon, Eastleigh, Fareham, Gosport, Havant, Hayling Island, Hook, the New Forest, Petersfield, Romsey and Winchester.

## www.italk.org.uk

call:

email:

Solent

023 8038 3920

info@italk.org.uk



## Find your balance

tolk

Our Managing Moods Groups are great for anxiety, low mood and stress.

Find out more, includi where your nearest group is at: www.italk.org.uk