



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

**Our treatments include:**

### One-to-one



### Groups



### Telephone



### Online



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](http://www.italk.org.uk)

**call: 023 8038 3920**

**email: [info@italk.org.uk](mailto:info@italk.org.uk)**





**FREE**  
**workshops for**  
**students and**  
**staff**

italk can provide **FREE** workshops for students and staff including: **Exam Stress, Relaxation Skills, and Educational Skills**, all delivered by our trained therapists to your students or fellow staff at a time that suits you!

To book your **FREE** workshop visit:  
[www.italk.org.uk](http://www.italk.org.uk)  
email: [info@italk.org.uk](mailto:info@italk.org.uk)  
or call: **023 8038 3920**