



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

call: 023 8038 3920

email: info@italk.org.uk





FREE workshops for businesses and employers

iTalk can provide **FREE** workshops for you and your staff on a range of topics including: **Relaxation Skills, Wellbeing at Work and Identifying Staff Stress**, all delivered by our trained therapists at your offices and at a time that suits you!

To book your **FREE** workshop visit: www.italk.org.uk email: info@italk.org.uk
or call: **023 8038 3920**