



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

**Our treatments include:**

### Groups



### One-to-one



### 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)**



# Find your balance

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

Find out more, including  
where your nearest  
group is at:  
[www.italk.org.uk](http://www.italk.org.uk)

