

# Are you...

unable to cope with work

stressed

fed up and tearful

in pain all the time

lonely

unable to sleep

worried all the time

**The Wellbeing Team**  
can help you work out how to feel better...

We offer workshops, online self help, guided self help with telephone support, individual sessions and other techniques aimed at helping you to find ways of coping and get you back to your usual self.



# To refer yourself to this free service

- **Visit [www.talkwellbeing.co.uk](http://www.talkwellbeing.co.uk)**  
to make an online referral
- **Visit [www.hpft.nhs.uk/wellbeing-service](http://www.hpft.nhs.uk/wellbeing-service)** to  
download a referral form
- **Visit your GP** who can make a referral for you

*To use this service you need to be registered with a Hertfordshire GP*



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