

SelfHelp

Improving mental health

- ✓ FREE
- ✓ EASY TO ACCESS
- ✓ AT YOUR OWN PACE
- ✓ AVAILABLE IN THE EVENING

Anxious?

Depressed?

Stressed out?

Poor sleep

Finding Help just got easier with eTherapy...

eTherapy provides flexible support to help you feel better, where and when it suits you. Our trained e-therapists are on-hand to support you every step of the way. You can access our programmes 24/7 - online via multiple devices e.g. laptop, phone, tablet.

To self-refer call us or visit our website:

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