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we are here to help asking for help can be tough especially if you don't know what you need welcome to sheffield talking therapies for anxiety and depression we provide free nhs talking therapies for

welcome to the sheffield improving access to psychological therapies service iapt we offer a range of free nhs talking therapies for stress anxiety and depression to anyone aged 18 or over who lives

self refer online the quickest way to get in touch with us is to complete our online referral form make an online referral give us a call if you have a question or you would prefer to speak to someone on the

welcome to the sheffield talking therapies for anxiety and depression service formerly known as iapt every year we help thousands of people in the city who are struggling with how they are feeling if

counselling for depression people can use counselling as a term to collectively describe a range of talking therapies in sheffield talking therapies we offer specific evidence based counselling

people s problems sometimes affect their ability to do certain day to day tasks in their lives to rate your problems look at each section and determine on the scale provided how much your problem impairs

we provide a range of short term talking therapies that are available to help anyone aged 18 or over who lives or works in sheffield experiencing stress anxiety and depression

silvercloud silvercloud is an online platform that offers you secure access to mental health support the flexible programmes are designed to teach you techniques to help overcome low mood anxiety

nhs sheffield talking therapies working together to improve your wellbeing

if yes please see sheffieldpartnership nhs uk for more advice and support

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