

Do you suffer from low mood , anxiety?

Do you ever avoid seeing people through fear of them judging you negatively?

Do you ever suddenly experience intense bouts of anxiety and believe that you are going to die?

Do you ever experience intrusive upsetting thoughts that seem inappropriate and that you try to push out of your mind?

Do you ever experience recurrent memories thoughts or dreams about traumatic or life threatening events?

Do you ever experience a low mood over a prolonged period and find it difficult to shake off?

Do you ever feel self-critical and have thoughts about being useless or worthless?

Call us to self-refer: 0300 555 1042

Our service is a NHS primary care service in Havering which offers free and confidential evidence based psychological therapies interventions for people who are over 18 years of age.

How can I get help?

You can call us between the hours of 9am to 5pm on **0300 555 1042 to self-refer.** Outside of office hours there is an answerphone. Please leave your name and contact details, we will phone you back as soon as we can