Supporting your mental health with Wellbeing Suffolk NHS Talking Therapies

At Wellbeing Suffolk NHS Talking Therapies, we understand that life can sometimes feel overwhelming. Whether you're experiencing persistent low mood, anxiety, stress or finding it difficult to cope with day-to-day challenges, reaching out for support can be an important first step towards feeling better. Our service provides short-term psychological treatment designed to help people overcome common mental health difficulties and regain confidence, resilience and a greater sense of wellbeing.

We support people experiencing a wide range of conditions, including depression, generalised anxiety, panic attacks, social anxiety, obsessive compulsive disorder (OCD), post-traumatic stress disorder (PTSD), body dysmorphic disorder (BDD) and specific phobias. Many people seek support when symptoms begin affecting their work, relationships, sleep or enjoyment of everyday life, while others contact us simply because they no longer feel like themselves. Whatever your situation, our team is here to help.

Our evidence-based treatments involve talking to a trained mental health professional about your thoughts, feelings and behaviours. Together, you can explore what may be contributing to your difficulties and learn practical strategies to support recovery and improve emotional wellbeing. Every person's experience is different, so we aim to provide support that is tailored to individual needs and circumstances.

We recognise that flexibility is important, which is why we offer a range of ways to access support. Appointments are available in person, over the phone or via secure video calls, helping you choose the option that works best for you. We also provide structured online programmes and courses that allow you to access support at a time and pace that suits your lifestyle.

In addition to therapy, Wellbeing Suffolk offers a variety of **free online workshops**, available both live and on demand. Covering topics such as anxiety management, stress reduction, sleep difficulties and low mood, these sessions are designed to give you practical tools and techniques that can be used straight away to support your mental health. Many people find these workshops a helpful way to build confidence, learn new coping strategies and take proactive steps towards improving their wellbeing.

We are committed to making our services as inclusive and accessible as possible. All support is **free and confidential**, and we can provide assistance in a range of languages. British Sign Language (BSL) support and translation services are also available where needed, helping to ensure that more people can access the help they deserve.

If you are aged 16 or over and living in Suffolk, you can **self-refer directly** to the service without needing to see your GP or have a formal mental health diagnosis.

Taking that first step may feel daunting, but support is available and you do not have to face things alone.

Visit: wellbeingsuffolk.co.uk
Call: 0300 123 1503

Help is available when you need it and taking the first step could be the start of feeling more like yourself again.