



We help with anxiety, depression, or stress

FREE

confidential, and tailored for you

Our experts have helped lots of people in
Dudley become happier and healthier



For anyone aged 16 or over registered with a Dudley GP

Support available via...



In-person



Phone



Video



Online



Workshop



Call 0800 953 0404 or self-refer by visiting
www.blackcountryhealthcare.nhs.uk/talking-therapies

