

FREE SUPPORT FOR YOUR MENTAL HEALTH

TURNING POINT
inspired by possibility



TURNING POINT TALKING THERAPIES WAKEFIELD SERVICE

SCAN ME



If you are aged 16 years or older and are registered with a GP in the Wakefield or Five Towns District, you can access our services by contacting us directly.

WHAT WE CAN HELP WITH

- Stress
- Depression & Low Mood
- Anxiety & Worry
- Obsessive Compulsive Disorder
- Panic Disorders & Panic Attacks
- Low Self-Esteem & Low Confidence
- Social Anxiety
- Post Traumatic Stress Disorder
- Health Anxiety
- Chronic Pain & Long Term Health Conditions
- Complex Grief
- Phobias
- Poor Sleep

GROUPS
ONE TO ONE
ONLINE
FACE TO FACE
VIDEO CALL
TELEPHONE

For more information scan the QR code or contact us on the below:

- talking.turning-point.co.uk
- 01924 234 860
- wakefield.talking@turning-point.co.uk

HOW WE CAN HELP

- Wellbeing Workshops & Webinars
- Guided Self-Help
- Online CBT Therapy - SilverCloud
- Cognitive Behavioural Therapy
- Eye Movement Desensitisation & Reprocessing Therapy
- Interpersonal Therapy
- Dynamic Interpersonal Therapy
- Couples Therapy for Depression
- Emotion Focused Counselling
- Mindfulness



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