

# TURNING POINT TALKING THERAPIES - WAKEFIELD



## ON-DEMAND WELLNESS WEBINARS

SCAN ME



We now offer a series of On-demand Wellness Webinars - delivered and presented by our local team of qualified therapists who share valuable methods, techniques and evidence-based strategies, to support your mental health – freely available via our [website](#).

No GP referral is needed and there are no waiting lists for this offer.

Scan the QR code to start.

## CURRENT SESSIONS INCLUDE:



MANAGING LOW  
MOOD



MANAGING WORRY



STRATEGIES  
TO IMPROVE YOUR  
SLEEP



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

 [talking.turning-point.co.uk](http://talking.turning-point.co.uk)

 01924 234 860

 [wakefield.talking@turning-point.co.uk](mailto:wakefield.talking@turning-point.co.uk)



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