

Free, NHS talking therapies

# Need to talk?

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However you're feeling,  
we're here to help

Give us a call on  
**0300 555 5582**



Edgeley House  
Tottle Road  
Nottingham  
NG2 1RT

**When life is hard or you're feeling overwhelmed, talking things through can really help.**

We offer **free, confidential NHS talking therapies** across East Midlands. Our service is open with COVID-19 safety measures in place.

To arrange an appointment, fill in the form on our website or give us a call on **0300 555 5582** (local rate).

**[insighthealthcare.org/derbyshire](https://insighthealthcare.org/derbyshire)**