



# Welcome to Bristol Wellbeing Therapies

[www.iapt-bristol.awp.nhs.uk](http://www.iapt-bristol.awp.nhs.uk)  
0117 982 3209

## Feeling down? Struggling with feelings of stress or anxiety?

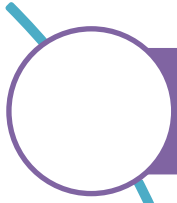
Bristol Wellbeing Therapies and its partner organisations provide short term support and information for people struggling with anxiety, low mood or stress-related difficulties.

All our therapies are funded by the NHS and are freely available to people aged 16 or over who are registered with a GP in Bristol.

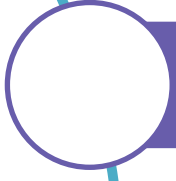
We provide a range of brief, evidenced-based support which can fit around you and your lifestyle. This commonly includes online support, telephone treatments or educational courses. One-to-one therapies may also be available.

The support on offer focuses on helping you move forward and will concentrate on steps that you can take to improve your wellbeing.

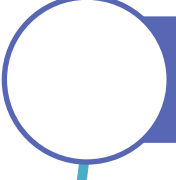
You can register to attend a psycho-educational course on our website or book an assessment to discuss support options by calling our self-referral number – 0117 982 3209 between 8am and 8pm Monday to Thursday and 8am and 5pm Friday and Saturday.



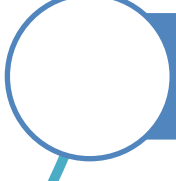
“...I was hesitant that the techniques would have much benefit, but it’s been extremely helpful in changing my mood and thoughts and tackling negative feelings”



“I have really benefited from the course... I have learnt some great coping techniques that I have already begun to benefit from”



“I feel so much better equipped to deal with my difficulties”



“I have really benefited from the low mood course... it has made me more self-aware of how I perceived the world around me and has contributed to change the negative thought processes I often used to get stuck in. The techniques I have been taught will help me to continue to combat my low mood cycle”



“Really helpful... I feel more able to help myself to overcome the difficulties I have”