



in partnership with



# How are you feeling?

We all experience times when we feel like we can't cope, sometimes this can start to affect our everyday lives and prevent us from doing the things we normally do. **VitaMinds can help to improve your mental health and wellbeing.**

**VitaMinds works in partnership with the NHS in Bristol, North Somerset & South Gloucestershire to offer a range of short-term psychological therapies.**

## It is a free service



VitaMinds is your local NHS talking therapies service, known as IAPT (Improving Access to Psychological Therapies).

**Arrange an appointment**



Scan the QR code



Call us on 0333 200 1893



Ask your GP to refer you to Vita








[vitahealthgroup.co.uk](http://vitahealthgroup.co.uk)



If you are 16 years and over and registered with a GP in Bristol, North Somerset & South Gloucestershire, we can support you by providing the tools you need to get life back on track.

### Are you experiencing:

-  Excessive worry
-  Low mood
-  Depression
-  Anxiety
-  A lack of motivation

**VitaMinds is your talking therapies service, known as IAPT (Improving Access to Psychological Therapies). It is FREE and Confidential.**

We provide a range of evidence based talking therapies and new ways of coping to help you better manage your mood.

Our therapies can be provided via secure video, text-based therapy, webinar, phone or face to face (one to one or group).



## Our easy 3 step approach



Refer to the service by phone or web.



Together, we will agree the best approach for you.



Our therapist will support you throughout your treatment.

## Get help now



Phone: 0333 200 1893



[vitahealthgroup.co.uk](http://vitahealthgroup.co.uk)



Monday – Thursday 8.00am – 8.00pm  
Fridays 8.00am – 5.00pm  
Saturdays 9.00am – 1.00pm



**Bristol, North Somerset  
and South Gloucestershire**  
Clinical Commissioning Group