

Get help now



Self refer online by scanning the code with your mobile phone or visit: www.vitahealthgroup.co.uk



Phone: 0333 200 1893



Monday – Thursday
8am – 8pm
Fridays
8am – 5pm
Saturdays
9am – 1pm



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



We are here for you

Providing free and confidential talking therapies to get life back on track.

VitaMinds can help with improving your mental health and wellbeing and is your local NHS talking therapies service, known as IAPT (Improving Access to Psychological Therapies). It is a free service.

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. It is a free service.

VitaMinds is part of the Department of Health's Improving Access to Psychological Therapies (IAPT) initiative. We offer access to a range of different talking therapies, psychoeducational group courses and offer access to sessions with Psychological Wellbeing Practitioners, High Intensity Therapists and Cognitive Behavioural Therapists.

Our easy 3 step approach



Self-refer to to the service by phone or web. You can also scan the QR code



Together, we will agree the best approach for you. There are a variety of support tools, which include online therapy, group treatments or individual talking therapy.



A fully qualified practitioners will support you throughout your treatment.