

Introducing...



Open Minds Therapies

We provide a range of brief therapies aimed at people with common mental health problems, including anxiety and depression.

We provide:

- Guided Self Help
- Psycho-education
- Cognitive Behavioural Therapy (CBT)
- Counselling
- Couples Therapy for Depression
- Eye Movement Desensitisation and Reprocessing (EMDR)

We also offer courses, such as *Express Yourself* and *Staying Well*, which are delivered in group settings.

For more information visit

www.middlesbroughandstocktonmind.org.uk

Our services are open to people aged 16 and above who are registered with a GP in either the **South Tees or Stockton and Hartlepool CCG areas.**

Clients can be seen at a range of venues including our town centre offices, at their own GP practice (subject to availability) or at other locations such as libraries and community centres.

To make a referral or enquire:

Call **01642 218361** in Middlesbrough, Stockton and Hartlepool

Or email hello@middlesbroughandstocktonmind.org.uk