



With all of us in mind

South West Yorkshire Partnership **NHS**
NHS Foundation Trust

1 in 4



There are times when everyone feels low, stressed, anxious, nervous or unhappy. Generally, these feelings pass quickly but sometimes it gets harder and harder to cope. In fact, at some point in their life, one in every four people feels this way.

In Kirklees, we're Improving Access to Psychological Therapies, this is known as IAPT and gives you quick and easy access to help and support.

So, don't struggle alone, ask your GP for more information.



www.askforIAPT.co.uk