**Psychological Wellbeing Service**



**A FREE NHS Funded step 2 Cognitive**

**Behavioural Based Therapy Service**



**Are you feeling low, anxious, overwhelmed or stressed?**

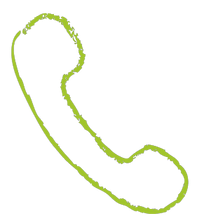
**Don't struggle alone.**

**Our friendly psychological wellbeing team are**

**here to help.**

**How do I access the service?**

Contact us today to find out more information about the services we provide:

 **masp.wellbeing@nhs.net**  **01925 581 755**

Our services are available to anyone who is aged 16+ and registered with a GP in the Wigan area.