



Feeling out of sorts?

You're not alone.

We all feel down from time to time, no matter our age. But if you've not been feeling yourself for a while, talking to someone might be all you need to start feeling better.

Speak to your doctor about talking therapies if you're feeling anxious, low or out of sorts. It can seem a daunting conversation, but your doctor is there to help you – physically and mentally.

Start the conversation.