

# ARE YOU STRUGGLING WITH STRESS, DEPRESSION OR ANXIETY?

Would you like help accessing support?

Rhubarb Farm can help refer you to  
**NHS Nottinghamshire Talking Therapies.**

Nottingham and Nottinghamshire Talking Therapies is a free and confidential NHS service designed to help with common mental health problems such as stress, anxiety and depression.

Anyone aged 18 years or over and registered with a GP can access this support and Rhubarb Farm can help you with your referral.



**Text TALK + YOUR NAME to**

**07908 661 442**

**or visit [www.rhubarbfarm.co.uk/contact](http://www.rhubarbfarm.co.uk/contact)**

**NHS**  
Nottingham and  
Nottinghamshire  
Talking Therapies

**Rhubarb**  
Farm