

TURNING POINT TALKING THERAPIES



ON-DEMAND WELLNESS WEBINARS

SCAN ME



We now offer a series of On-demand Wellness Webinars - delivered and presented by our local team of qualified therapists who share valuable methods, techniques and evidence-based strategies, to support your mental health – freely available via our [website](#).

No GP referral is needed and there are no waiting lists for this offer.

Scan the QR code to start.

CURRENT SESSIONS INCLUDE:



MANAGING LOW
MOOD



MANAGING WORRY



STRATEGIES
TO IMPROVE YOUR
SLEEP



For more information scan the QR code or contact us on the below:

talking.turning-point.co.uk

01924 234 860

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Wakefield District
Health & Care
Partnership

TURNING POINT
TALKING THERAPIES

Turning Point - Registered Charity - 234887



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