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I feel like my therapist has helped me to draw my own conclusions and assisted me in finding the answers for myself.

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OUTLOOK PATIENT

## Call us today to discuss FREE NHS one-to-one therapy

We help people recover from anxiety, stress and depression.



We can offer you a telephone assesment within a **few days**.

Talk to us direct on **01208 871905**

[www.outlooksw.co.uk](http://www.outlooksw.co.uk)

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**outlook:)** SOUTH WEST

**NHS**

Kernow Clinical Commissioning Group

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# Other help we offer

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## Groups and educational courses

We also run various groups and educational courses. These are free to attend but booking may be required. To find out about any of the groups or courses below, including information about locations, dates and times, simply call us on 01208 971905 or visit [www.outlooksw.co.uk](http://www.outlooksw.co.uk).

### Stress Buster

Presentations where you are taught ways to manage stress, anxiety and low mood

### Finding Yourself Again

Postnatal well-being groups for mums with children under 2 years old

### Getting a Grip on Anger

Courses where you learn ways to keep your cool, manage anger and irritability

### Sleep Well

Courses on how to get a better night's sleep and beat insomnia using proven techniques

### Mindfulness

The full 8 week Mindfulness Based Cognitive Therapy course for depression and anxiety.

\*At the time of printing, these courses/groups were available from Outlook South West. Please be aware that from time to time new courses are developed and old ones may be removed.

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