

Linking mind and body...

**Talking
Therapies**

**Talking
Health**

NHS

Berkshire Healthcare
NHS Foundation Trust

Stress LESS

Could you benefit from learning techniques to manage stress, worry and sleep?

Our free NHS sessions can help you do just that!



Facilitated by our qualified therapists our **Stress Less videos** will share tips and techniques to help you improve:

- Stress in your body
- Stressful thoughts and worries
- Sleep difficulties

Available for those aged 17+ registered with a GP in Berkshire

Sign up today and begin watching the sessions in your own time in the comfort of your own home.

To find out more and sign up to the Stress Less programme:



talkingtherapies.berkshirehealthcare.nhs.net/



0300 365 2000 and quote 'Stress Less'

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Improving Access to Psychological Therapies

NHS