

Stress control



Stress control courses are designed to provide useful information and practical techniques, based on Cognitive behavioural therapy, to help you manage stressful situations with confidence and ease.

What is it?
Taught course ✓

Cost?
Free ✓

No. of sessions?
Six ✓

How long?
90 minutes ✓

It is a course where you simply come along, listen and learn some great ways to control stress.

Courses run throughout the year. To register for the next course please speak to your GP or contact your local IAPT team directly on:

Tel. 01423 852137/ 852062

Email. TEWV.IAPTHarrogateReferrals@nhs.net

making a

difference

together