

Together We Talk



FREE 1-1 Sessions in Eden

**@Newton Rigg,
Penrith, CA11 0AH**

**"Empowering people to
better manage their mental
and physical health and
wellbeing"**



Westmorland
& Furness
Council

FSCT
FRIEDA SCOTT CHARITABLE TRUST



CUMBRIA
COMMUNITY FOUNDATION



together we
Cumbria

How to refer:

We accept referrals from all sources (self, GP and other) via our referral form or telephone.

W: togetherwe.uk | E: referral@togetherwe.uk | T: 0808 196 1773

What we offer:

Together We Talk offers 1:1 mental health support.

1:1 work includes mental health support, counselling and CBT. We help to support individuals to better manage their mental and physical health and wellbeing.

What does the assessment look like:

We will ask you about your main problem, how it affects you, information about risk, goals and will make a plan with you around the next steps. We may also use some questionnaires to establish level of mood and impact on day to day living.

Who we see:

We will see anyone from ages 11-65+ years old, we will see families, carers, school attenders etc.

You may be engaging in other services however if you are having a course of psychological treatment like counselling or CBT we may encourage you to attend group work or work with our talk support practitioners so we don't affect the intervention and its principles.



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