

# Emotional Support from the NHS during the coronavirus pandemic

- practical strategies to help you deal with the current situation

Are you self-isolating and feeling down?

Are you feeling anxious about the impact of the virus on yourself, family or loved ones?

Would you like to talk to someone about your feelings?

Discuss practical strategies to help cope with the situation?

Contact CNWL Talking Therapies Service Westminster to arrange a telephone or video call to discuss how you're feeling and learn strategies for coping at this difficult time

**To arrange a call or to find out more, please contact us by phone on 030 3333 0000, email [westminster.iapt@nhs.net](mailto:westminster.iapt@nhs.net) or fill in a self-referral form at <http://cnwl-iapt.uk/>**

**THIS IS A FREE NHS SERVICE FOR RESIDENTS OF WESTMINSTER or THOSE WITH WESTMINSTER GPs**

**CNWL Talking Therapies Service Westminster**