

Your care navigator recommends: [Talking Point Talking Therapies](#)

Who is the service for: If you are aged 18 or over and registered with a Wakefield GP, you can access Talking Point Talking Therapies directly without having to see your GP first.

If you are feeling low, stressed, anxious or depressed, talking therapy could help. This service is free

Details: **We can help with the following:**
Requests for counselling/therapy
Problems with low mood/tearfulness'
Feeling 'down'
Being snappy or irritable
Feeling stressed
Problems with worry or anxiety
Panic attacks
Poor sleep
Problems with 'mood'

Unfortunately, we cannot help with:
"I'm hearing voices"
Suicidal
I want to review my medication
I'm using alcohol/drugs too much
On SMI register - Diagnosis of serious mental illness such as psychosis, bi polar, personality disorder
Currently under secondary care service

If you are unsure whether Talking Point Talking Therapies could help you, give them a call or complete a referral form online. If they are unable to help, they can signpost to other services that may be more appropriate for you.

The service is open 7 days a week with evening and weekend appointments available.

Contact: Call 01924 234 860 or visit: <https://talking.turning-point.co.uk/wakefield/> to find out more. A clinician will be on hand to answer any queries.

Further information: We hope this information is useful and helps to solve your query. If it doesn't, please get back in touch with us at the practice so we can help you further.