

Are you experiencing depression, anxiety or phobias?

The Improving Access to Psychological Therapies (IAPT) service in North Yorkshire could help you with:

- **depression**
- **anxiety and worry**
- **panic attacks**
- **health anxiety**
- **social phobia**
- **specific phobias**
- **post-traumatic stress disorder (PTSD)**
- **obsessive-compulsive**



Visit www.northyorkshireiapt.co.uk for further information

You can also refer yourself to the local service by using the contact details below:

Northallerton
Gibraltar House
Thurston Road
Northallerton
DL6 2NA
Tel. 01609
768890

Harrogate
Valley Gardens
Resource Centre
Windsor House
Cornwall Road
Harrogate
HG1 2PW
Tel. 01423 852137

Whitby
Whitby Hospital
Springhill
Whitby
YO21 1EE
Tel. 01947 899270

**Vulnerable veterans
and adult
dependants service**
Innovate Building
Chartermark Way
Colburn Business
Park
Catterick Garrison
DL9 4QJ
Tel. 01748 831964

**Alternatively, you can speak with your GP,
who may make a referral for you.**

For mental health crisis advice visit www.tewv.nhs.uk/crisis