

Shropshire Psychological Therapies

Promoting Health and Wellbeing



Feeling stressed, low or worried?

SEEK HELP EARLY

Call us on 0300 123 6020 to self-refer

We offer a range of support such as guided self-help, Silvercloud online CBT, psycho-educational courses and 1-to-1 therapy including CBT and counselling.

Website: Shropshireiapt.mpft.nhs.uk



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