

Feeling stressed, anxious or down?



Don't worry - help is available and you don't even need to see your GP

If you are aged 16 and over and registered with a GP in the East Riding, you can refer yourself directly to the **Emotional Wellbeing Service**, or you can get a referral from a GP or health professional.

The first step is to speak to someone and together we can discuss the treatment we think would help you.

Text: TALK to 60163

Email: HNF-TR.SelfReferral@nhs.net

Online: iaptportal.co.uk/erew.html

Telephone: 01482 335451



Scan this QR code to visit
our referral portal.