

# Are you struggling in work? Access free therapy or counselling

Take the first step towards feeling supported at work



Healthy  
Working  
Life



West Yorkshire  
Health and Care Partnership



## Healthy Working Life is here to support you.

Mental and emotional health can affect many aspects of life - including impacting your ability to work. It can be challenging, but you don't have to face it alone.

## We can help by offering free therapy or counselling.

Therapy and counselling can improve your mental and emotional health. Providing a confidential space for you to talk about, and understand, the issues you are having.

## To help with issues such as, but not limited to:

- Work problems
- Inability to cope
- Depression, stress or anxiety
- Trauma and PTSD
- Panic attacks
- Difficult changes and transitions
- Low confidence and self-esteem
- Bereavement and loss

## For more information visit:

[wypartnership.co.uk/healthy-working-life-bradford](http://wypartnership.co.uk/healthy-working-life-bradford)

## Find out more or make a referral for support:

- ✓ Visit [www.thecellartrust.org](http://www.thecellartrust.org)
- ✓ Click **Get help**
- ✓ Complete **our referral form**



Need help accessing support?

**Call The Cellar Trust:**

**01274 586 474**



This activity is a joint programme of the West Yorkshire Combined Authority and NHS West Yorkshire Integrated Care Board.