

Milton Keynes Talking Therapies Service (IAPT)

Here to help you manage your stress

NHS
Central and
North West London
NHS Foundation Trust



Work was stressing me out and I was worried about money. These sessions helped me feel on top of things and feel like myself again.

To find out how the team can help you, visit mktalkingtherapies.nhs.uk

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The Milton Keynes Talking Therapies (IAPT) team have devised a one-off webinar workshop to help you understand stress and worry, and learn ways to overcome these.

We are holding two webinars for all teachers, teaching assistants and support staff at schools in the Milton Keynes area.

The webinars are free to attend and being held at times that hopefully will be accessible to teaching staff. You do not have to live in Milton Keynes (or be registered with a local GP) to attend. The webinars are confidential and no one else will be able to see that you have attended.

Webinars will take place on-

SATURDAY 29TH November, 11am

WEDNESDAY 2ND December, 6pm

To sign up for a webinar please follow this link and complete the on-line self-referral form-

<https://mktalkingtherapies.nhs.uk/self-referral>

Enter the code TEACH1 in the referral information box followed with your preference of **Saturday** webinar or **Wednesday** webinar.

If you have any questions, please feel free to contact the Talking Therapies (IAPT) service on 01908 725099.