

Age is Just a Number!

People can experience difficulties with low mood or anxiety at any age.

Later life is no exception!

Mood difficulties can be accompanied by uncomfortable thoughts and feelings.

Sometimes mood difficulties are relatively short-lived.

At other times they may be more prolonged.

At these times a person may find it harder to do some of the things they used to do

The **GOOD** news is that there are a range of psychological (talking) therapies that **Steps 2 Wellbeing** can offer to people to better understand and more effectively manage low mood or stress. These are aimed at recognising and boosting any helpful strategies that you may already have as well as supporting you to develop new ones.



**Self-refer to our FREE talking therapies service
by calling:**

Southampton Steps 2 Wellbeing: 0800 612 7000 or 02380272000

www.steps2wellbeing.co.uk