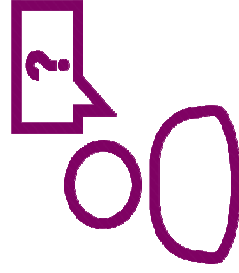


General Practice: Getting it Right 4 U

Do you experience low mood, anxiety or stress?

Do you have trouble controlling your emotions? Or difficulty sleeping?

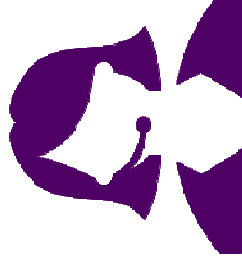
You can now make an appointment with the Mental Health Nurse



The Mental Health Nurse can offer assessment, guidance, tools and support



The Nurse can also provide medication or refer you to specialist mental health services



Receptionist staff will help determine if the Mental Health Nurse is right 4 U and make you an appointment