






How are you feeling?



VitaMinds works in partnership with the NHS in Basildon & Brentwood to offer a range of short-term psychological therapies.

Are you experiencing:

-  Excessive worry
-  Low mood
-  Depression
-  Anxiety
-  A lack of motivation

It is FREE and Confidential.

To access support please call: 01268 977171
or visit: www.vitahealthgroup.co.uk/vitaminds



When you need to talk, we are here to listen



VitaMinds is your local NHS talking therapies service, known as IAPT (Improving Access to Psychological Therapies). It is a free service.

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or visit www.vitahealthgroup.co.uk/vitaminds



NHS

Basildon and Brentwood
Clinical Commissioning Group

Making People Better