



NHS
Bristol, North Somerset
and South Gloucestershire
Clinical Commissioning Group

in partnership with



How are you feeling?

We all experience times when we feel like we can't cope, sometimes this can start to affect our everyday lives and prevent us from doing the things we normally do. **VitaMinds can help to improve your mental health and wellbeing.**

VitaMinds works in partnership with the NHS in Bristol, North Somerset & South Gloucestershire to offer a range of short-term psychological therapies.

It is a free service



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

Arrange an appointment



Scan the QR code



Call us on 0333 200 1893



Ask your GP to refer you to Vita








vitahealthgroup.co.uk



If you are over 16 and live in Bristol, North Somerset & South Gloucestershire, we can support you by providing the tools you need to get life back on track.

Are you experiencing:

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

VitaMinds is your talking therapies service, known as IAPT (Improving Access to Psychological Therapies). It is FREE and Confidential.

We provide a range of evidence based talking therapies and new ways of coping to help you better manage your mood.

Our therapies can be provided via secure video, text-based therapy, webinar, phone or face to face (one to one or group).

Get help now



Phone: 0333 200 1893



vitahealthgroup.co.uk



Monday – Thursday 8.00am – 8.00pm
Fridays 8.00am – 5.00pm
Saturdays 9.00am – 1.00pm



Our easy 3 step approach



Refer to the service by phone or web.



Together, we will agree the best approach for you.



Our therapist will support you throughout your treatment.



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