



Toolbox

Are you feeling low?

Do you feel worried?

Do you feel isolated and lonely?

Do you suffer from anxiety or depression?

Do you feel problems are casting a dark grey cloud over you?



We can help you find the right tools to help manage your emotional health!

Book in for an appointment to see a Toolbox Project worker at the GP surgeries below today!

Peelcroft Surgery

Lichfield Street , Burton on Trent. DE14 3RH Tel: 01283 568405

Monday fortnightly

Wetmore Road Surgery

Wetmore Road, Burton on Trent. DE14 1SL Tel: 01283 564848

Monday fortnightly

Barton Medical Practice

Short Lane, Barton-under-Needwood, Burton-on-Trent. DE13 8LT Tel: 01283 249923

Friday weekly

If you are not registered at the above GP practices, you can contact us directly for an appointment on:

01543 301139

<http://ssnmentalhealth.co.uk>

Facebook.com/ssnmentalhealth

Twitter: @ssnmentalhealth