

Total Wellbeing

Luton

Therapies, Counselling and Guided Self Help

What we offer

- Short-term talking therapies
- Cognitive Behavioural Therapy
- Behavioural Couple's Therapy
- Counselling
- Guided Self-Help
- EMDR



Formats

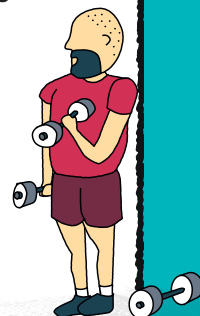
- 1:1 face-to-face, telephone, video
- Groups incl. stress, anxiety, self-esteem
- Webinars incl. assertiveness, sleep, relaxation, wellbeing
- Computerised CBT

Total Wellbeing Luton is not a crisis service. We provide Talking Therapies for those dealing with low to moderate levels of anxiety, stress, worry & depression.



What we treat

- Depression
- Post-natal depression
- Generalised anxiety
- Social anxiety
- Health anxiety
- Obsessive compulsive disorder (OCD)
- Post-traumatic stress disorder (PTSD)
- Stress
- Insomnia
- Phobias
- Worry
- Low motivation
- Low self-esteem
- Problems at work
- Relationship problems
- Life changes
- Adjusting to parenthood
- Carer's mental health
- Managing longterm health conditions



0300 555 4152

To refer please scan QR code
or go to our website
www.totalwellbeingluton.org

