

# Stress, depression and anxiety are not a normal part of ageing

CPFT Psychological Wellbeing Service welcomes referrals from people aged 65 or over.

If you would like support you can now self-refer via the website or number below. Alternatively, you may prefer to discuss your referral with your GP.

# 0300 300 0055

[www.cpft.nhs.uk](http://www.cpft.nhs.uk)

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