



NHS
Providing NHS services



Here to help you

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. **Vita Health can help to improve your mental health and wellbeing.**

Vita Health works in partnership with the NHS in Newcastle to offer a range of short-term psychological therapies.

It is a free service



Vita Health 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 03300534230
-  Ask your GP to refer you to Vita
-  vitahealthgroup.co.uk



If you are 16 years and older, registered with a GP and live in Newcastle 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

Vita Health 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.

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



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.

Get help now



Phone: 03300534230



vitahealthgroup.co.uk



Monday – Friday 8.00am – 8.00pm
Saturdays 9.00am – 12.30pm

Search Newcastle