



# Talking Therapy

**Feel Better With Our Support**



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The key to a fulfilled life



 **Refer:** [www.pureinnovations.co.uk](http://www.pureinnovations.co.uk)

 **Email:** [IAPTteam@pureinnovations.co.uk](mailto:IAPTteam@pureinnovations.co.uk)

 **Leave us a message:** 0161 804 4415

This **FREE** service is open to anyone who lives in Manchester or Stockport, is aged 18+, and not already accessing therapy.

**For urgent help, call Samaritans - 116 123.**

**In an emergency, call 999.**