

## **Talk for Health Movie**

We are excited to share our first video of participants talking about their experience of Talk for Health. The pictures are library stock to ensure anonymity for participants).

Now more than 200 people have done T4H and more than 20 ongoing support groups are running in the areas where T4H is active - Islington and Doncaster at present.

The Islington programme is funded by the NHS and if you are an Islington resident you have a right to a place on the programme to help you manage that unruly mind! Let us know via: [nicky@talkforhealth.co.uk](mailto:nicky@talkforhealth.co.uk) if you would like your name placed on our waiting list or to learn more about the programme.

We can truly say, now in 2015 and going forward that Talk for Health is making a real difference for the better in people's lives.