

# Ageing is Inevitable



## Depression, Stress and Anxiety isn't

Are you feeling low, tearful, anxious or irritable? Are you finding it difficult to cope with normal daily living?

If you are over 50, take the first step and join us at our free and confidential service aimed at supporting you to find techniques and coping strategies to get back to enjoying life.

The first step is to talk.

The service is available on the 1st Wednesday of each month.

To make an appointment telephone  
Solihull Healthy Minds (IAPT) on 024 7667 1090

Next sessions 04<sup>th</sup> January, 01<sup>st</sup> February, 01<sup>st</sup> March, 05<sup>th</sup> April, 03<sup>rd</sup> May 2017

Age UK Solihull, c/o Solihull Community Advice Hub, First  
Floor Solihull Central Library, Solihull B91 3RG

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