

IS THE 'NEW NORMAL' CAUSING YOU TO LOSE SLEEP?

Times are challenging and a good night's sleep can make all the difference to facing a new day. Sleep is important for health, wellbeing, work and family life.

Learn all about sleep and proven techniques to help you sleep better.

FREE NHS SLEEP WORKSHOP

- Various dates available
- 2 hours
- Held on Microsoft Teams

To book a place please call or email us and provide a few details to register with TALKWORKS.

t: 0300 555 3344

e: dpt.talkworks@nhs.net

For more info visit: www.TALKWORKS.dpt.nhs.net

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Devon Partnership
NHS Trust



TALKWORKS

IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING