



Reg Charity No 1015224

# Let's Talk Torrington Support Group



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TORRIDGE DISTRICT COUNCIL  
DEVON COUNTY COUNCIL  
& SUPPORTED BY  
GREAT TORRINGTON TOWN COUNCIL

**TUESDAYS 12 –2 PM**

**Castle Community Centre, Torrington, EX38 8AA**

*Are You ....*

- *Living with a mental health issue?*
- *Experiencing emotional distress?*
- *Suffering with depression, anxiety or loneliness?*
- *Feeling the effect of COVID-19 ?*

**IF YOU ARE INTERESTED IN ATTENDING THE GROUP**

**Please contact Clarity on 01271 267474**

**to book an Assessment or email**

***clarity.northdevon@yahoo.co.uk for more details***

**LET'S TALK IS A SAFE  
SUPPORTIVE ENVIRONMENT,**

**PROFESSIONALLY FACILITATED  
BY QUALIFIED COUNSELLORS  
WORKING WITH CLARITY**

Clarity is a registered charity which offers therapeutic counselling, group support and group therapy to anyone experiencing mental health or emotional issues.

**Our Aims**

- Improve quality of life
- Increasing self-esteem and positivity
- Raise personal awareness
- Gain greater understanding of your issues
- Relieve isolation and loneliness
- Give you an opportunity to help others through shared experiences