

# HEADWAY

## Preston & Chorley

### Talking Group



Headway Preston & Chorley is a registered charity that provides help and support to adults with an acquired brain injury (ABI) and their families.



After a brain injury, people are particularly vulnerable to depression or low mood, and talking therapies have been proven to help.

Headway provides informal support once a month through the Talking group session.

*'You don't just talk about yourself, you're listening to other people - that takes the burden off your problems.*

*You realise you're not the only one'.*

The Talking group is held at the Headway Activity Day on the last Tuesday of the month from 1pm at the Salvation Army Centre, Harrington Street, Preston PR1 7BN.

If you feel you require more formal therapy, such as psychology, counselling or CBT you must visit your own GP.

Telephone: [07557 123 493](tel:07557123493) or [01772 791460](tel:01772791460)  
Email: [services@headwayprestonandchorley.org.uk](mailto:services@headwayprestonandchorley.org.uk)  
[www.headwayprestonandchorley.org.uk](http://www.headwayprestonandchorley.org.uk)

Headway Preston & Chorley, Heartbeat Centre, Preston North End,  
Sir Tom Finney Way, Preston PR1 6PA

Registered with the Charity Commission for England and Wales (Charity No 1144388)

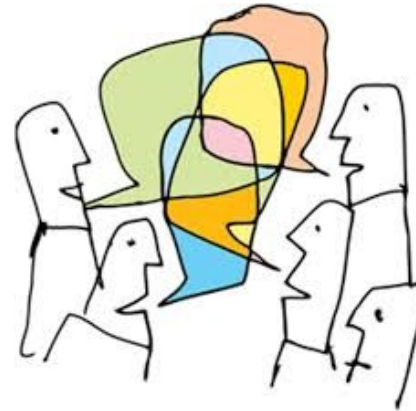
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