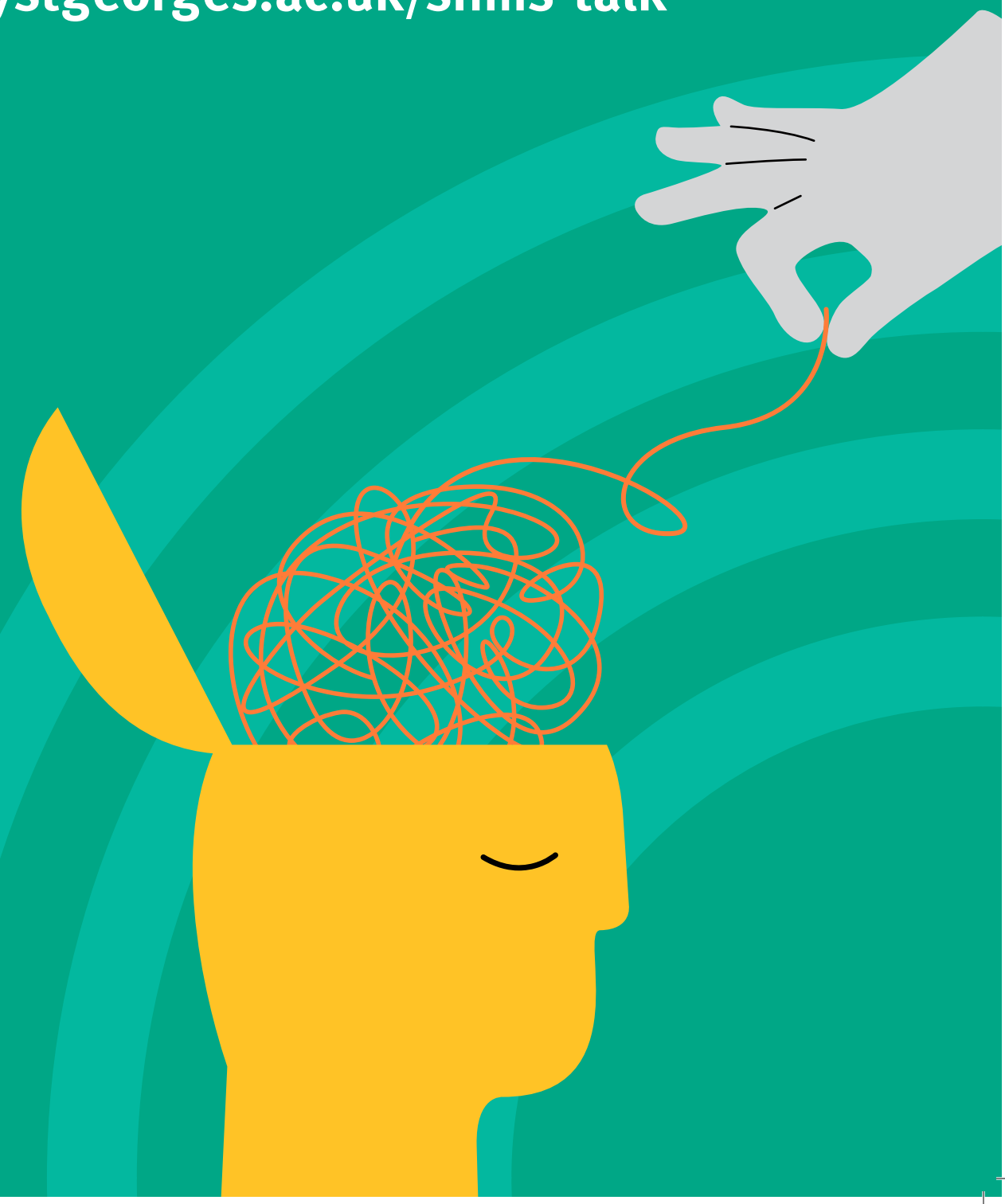
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Low Intensity Cognitive Behavioural Therapy Service (LiCBT)

Talk. Let it go. Breathe.

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Low Intensity Cognitive Behavioural Therapy Service (LiCBT)

Write it down.
Let it go. Breathe.

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Talking Therapies



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