


# TALKING THERAPIES

**PURE**   
**INNOVATIONS**  
The key to a fulfilled life

Are you  
feeling worried and  
anxious, stressed  
out or sad and low?  
We can help!

To find out more about our  
**FREE** Therapy Service or to  
make a referral please email:  
**IAPTteam@pureinnovations.co.uk**  
or leave us a voicemail on  
**0161 804 4415**  
and we'll call you back.

This service is open to anyone who lives in the  
Stockport Borough, is aged 18+ and not already  
receiving psychological support.  
Please note, we are not a crisis service.

For urgent help, contact The Samaritans: 116 123. In a life-threatening emergency, call 999.



**We will aim to get back to you within 48 hours**

**Pure Innovations Ltd.**

 Prospect House, Newby Road Industrial Estate, Newby Road, Hazel Grove, Stockport SK7 5DA

 0161 804 4400  [www.pureinnovations.co.uk](http://www.pureinnovations.co.uk)  [hello@pureinnovations.co.uk](mailto:hello@pureinnovations.co.uk)

 /Pureinnovations  @weare\_pure