

## Trent Psychological Therapies Service Transcript

**MARKETING DESCRIPTION:** Introductory video to the Trent Psychological Therapies Service, including details on the services offered and how to access them.

**WEBSITE:** <https://www.trentpts.co.uk/>

Trent PTS Psychological Therapies Service Logo

This year your Uni experience will probably be different to what you'd hoped.

This might impact your mental health.

So, if you're feeling lost, experiencing sadness, isolation, or worrying excessively...

Know that you are not alone; 1 in 4 people experience similar symptoms at some point in their life.

But you do not have to deal with these problems alone.

Trent PTS can help- together, we can find the best path for you.

We are a free service that are funded by the NHS.

We can see you in a number of ways, like over the phone or on video calls.

Complete a self-referral today on our website: [www.trentpts.com/self-referral](http://www.trentpts.com/self-referral)

Displays: 'Trent PTS Psychological Therapies Service Logo

Displays: Music- Perspectives by Kevin Macleod, Link: <https://incompetech.filmmusic.io/song/4207-perspectives>. License: <https://creativecommons.org/licenses/by/4.0/>