

"I am a mental health nurse working in the East End of the city. I have referred many people to East End Health's Complementary Therapies service. I believe that the range of therapies on offer can work as an adjunct to "traditional" approaches to mental health and well being, as they can help with some of the more problematic symptoms of depression and anxiety such as poor sleep.

From feedback, patients referred there have found the service extremely beneficial, as the treatments have helped them cope with their symptoms.

Others have found the service beneficial in terms of having time to themselves to relax. The feedback has been helpful to me as a referrer to the service as good feedback often acts as a recommendation for others. I can't praise the service highly enough."

**Wendy Mead,  
Primary Care Mental Health Worker  
(City East)**

