



Free mental health support

Supported self-help can make a positive difference to your mental health.

It's a free programme that works with you, to support you to recognise and understand your emotions. Over six weeks we'll give you information, resources and regular phone calls to help improve how you feel.

- Anxiety
- Anger management
- Depression
- Feeling alone
- Grief and loss
- Self-esteem
- Stress
- Menopause

Sign up today:



mind.org.uk/supported-self-help

