

Supported Self Help

(previously Active Monitoring)

 **llr mind**
Leicester,
Leicestershire
and Rutland



What is Supported Self Help?

Supported Self Help is an early intervention service which uses guided self-help tools to support your mental wellbeing. It involves 6 sessions with a trained practitioner to look at what support you need and develop a wellbeing toolkit.

How does it work?

After a simple assessment to see if the service is appropriate for you, our trained practitioners will hold up to 6 weekly one-to-one sessions with you, via online video calls, telephone calls or face-to-face in local community venues.



How will it help me?

You will select a pathway to support your mental wellbeing. From these pathways, your practitioner will support you to try a range of self-help tools to help you stay well and put together a toolkit of resources that work best for you. Your practitioner will support you to do this in your weekly sessions.

Pathways:

- Anxiety
- Low mood
- Low self-esteem
- Stress
- Feeling alone
- Managing anger
- Grief and loss
- Menopause

Who is it for?

Our Supported Self Help service is only available to residents in Leicestershire (available in Leicester City and Rutland soon) who are over the age of 18, and are starting to struggle with their mental health.

For more information, or to refer yourself, visit our website:

www.llrmind.org

