

Supported Self Help

Helping you to improve your mental health.

Supported Self Help is a free programme that supports you to recognise and understand your emotions. Over six weeks, our trained practitioner will work with you, and together you will build a self help tool kit to help improve how you feel.

Are you experiencing one of the following?

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

To find out more about our service and self-refer, visit our website - www.llrmind.org/our-services/supported-self-help/

Getting Help in Neighbourhoods

mind Leicester, Leicestershire and Rutland

Charity no.1204524

www.llrmind.org

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