

Free mental health support to suit you

Supported Self Help can help you to better understand and control your feelings within just six weeks.

We can help you with:

- Anxiety & worries
- Anger & frustration
- Depression & low mood
- Feeling alone
- Grief & loss
- Self esteem
- Stress

What is Supported Self-Help?

Supported Self-Help is a six-week guided programme. We give you the materials to understand and manage your feelings, and we call you regularly to give you support.

Who is it for?

If you live in Derby or Derbyshire and are over 18, you can sign up today. Maybe you feel that issues such as stress or anxiety are getting too much. Don't wait. Get in touch to find out if Supported Self-Help is right for you.

How Supported Self-Help works:

- 1** Feeling low, stressed, worried, lonely or struggling to manage things in your life as well as before?
- 2** Sign up at www.derbyshiremind.org.uk/supportedselfhelp or contact: supportedselfhelp@derbyshiremind.org.uk
- 3** One of our practitioners will then contact you to talk about the issues you're dealing with. If Supported Self-Help is right for you, together you'll agree a programme of support. This can cover any of the following:
 - Anxiety • Anger and frustration • Depression • Feeling alone • Grief and loss • Self-esteem • Stress
- 4** If you move forward with Supported Self-Help, you will be invited to a 40 minute session to discuss in more detail what support you are looking for.
- 5** You will receive useful wellbeing tools and techniques to try out at home. Each week we'll call to check in on how you're doing and give you any support you might need.
- 6** In your last session, together we'll review how you're feeling and talk about the ways the course has helped. We will talk about what's next and if Derbyshire Mind can support you in any other ways.

Find out more, and sign up today:

www.derbyshiremind.org.uk/supportedselfhelp