



Leeds Mental  
Wellbeing Service



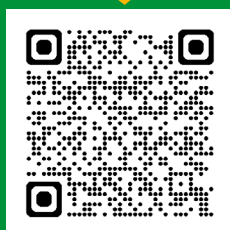
# WORLD MENTAL HEALTH DAY

Mental  
wellbeing  
is for  
everyone.

Stress, anxiety, or  
low mood are  
common and it's  
okay to seek help.

Leeds Mental Wellbeing  
Service offers free online  
courses in mental health and  
wellbeing you can access  
privately at home.

Scan here for  
**free online  
group courses:**



Scan here to  
**self-refer to  
our service:**



Support is quick,  
easy, and confidential.  
Your mental wellbeing  
matters.



[www.leedsmentalwellbeingservice.co.uk](http://www.leedsmentalwellbeingservice.co.uk)

Leeds Mental Wellbeing Service is a partnership between:

Leeds Community Healthcare NHS Trust, Leeds and York Partnership NHS Foundation Trust, Leeds GP Confederation, Northpoint Wellbeing, Inspire North, Touchstone, Women's Counselling and Therapy Service, Homestart Leeds, Ieso Digital Health, SilverCloud Health