



Leeds Mental
Wellbeing Service



WORLD MENTAL HEALTH DAY

Feeling
stressed,
anxious,
or low?

You don't have to
cope alone.

Leeds Mental Wellbeing
Service offers free
talking therapy online
courses and exercises
you can access anytime.

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



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



Quick, easy, and
confidential.
Your mental
wellbeing matters.



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