

# Keep connecting

Hopefully you've tried some of our ideas during Mental Health Awareness Week or plan to use them to help you make connections with others.

Look back at different ways you've tried to connect with others - what has worked well for you? What can you tweak?

You can access help to find local groups and activities with Linking Leads, the social prescribing service in Leeds - call 0113 336 7612



People in Leeds with mild to moderate mental health problems can contact Live Well Leeds for a range of services that include one-to-one support, group support, befriending, volunteering, social groups and wellbeing activities - call 0113 219 2727

This week is about loneliness and how to have more connections with other people. If you've found it difficult or upsetting, don't forget there are helplines and links on our MindWell website - there is always someone to talk to: [www.mindwell-leeds.org.uk/need-urgent-help](http://www.mindwell-leeds.org.uk/need-urgent-help)



[www.mindwell-leeds.org.uk](http://www.mindwell-leeds.org.uk)

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