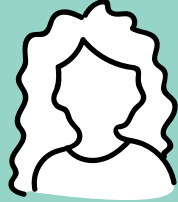


Anyone can feel anxious or struggle with their mental health

I'm having money problems



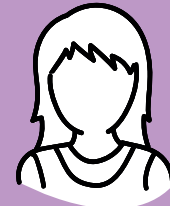
I'm going through a bereavement



I'm stressed at work



I'm a new parent



I'm worried about someone



I'm feeling low



MindWell is a website that can help you find the right information and support in Leeds.



MindWell

www.mindwell-leeds.org.uk

Scan the QR code to find support in Leeds. Many services can be accessed directly without having to speak to a GP.



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