

Anyone can feel anxious or struggle with their mental health

That's why we created **MindWell**, the mental health website for people in Leeds. You can find information about local support and different ways to take care of your wellbeing at mindwell-leeds.org.uk. Take a look at some of the topics we cover below.

Exploring your mental health

Understand more about why people experience problems, find tools and learn techniques to help you cope.

Anxiety

Depression & feeling low

Panic attacks

Self-harm

Stress

How life experiences can affect us

Learn how events in our lives can affect our health and wellbeing. Find practical advice and how to access support.

Bereavement & loss

Caring for someone

Debt & money worries

Work issues

Student life

Pregnancy & becoming a parent

Childhood abuse

Looking after your wellbeing

Find ways to feel better and improve your wellbeing. Practise self-help techniques, learn to relax using breathing exercises and take care of your physical health.

Be mindful

Connect with others

Get creative

Quick self-help techniques

Look after your physical health

Signposting to other support services

Visit our Find Support section to access our mental health and wellbeing directory.

This features a wide range of local and national services that provide help for issues like alcohol and drug use, housing issues and money worries.

Alcohol & drug use

Housing issues

Money worries

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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NHS

NHS West Yorkshire
Integrated Care Board