

Quick links for patients with mental health concerns

The content and links included in this document have been produced to help administrative and receptionist teams within GP practices in their roles and to improve patient signposting.

These introductory sentences and quick links can be copied and pasted into communication systems to send text messages to patients with mobile phones who have mental health concerns.

MindWell is the mental health website for people in Leeds www.mindwell-leeds.org.uk

The subjects below include:

- ADHD - content in development
- Anxiety
- Bereavement and loss
- Cost of Living Crisis/Debt and Money Worries
- Counselling - content in development
- Crisis help
- Depression
- Finding support in Leeds
- Housing and homelessness
- Panic and panic attacks
- Pregnancy and becoming a parent
- Relaxation
- Self-harm
- Sleeping Better
- Stress
- Student life
- Uncontrolled anger
- Work-Related Stress

ADHD

Visit MindWell to explore links to services offering advice and support with ADHD, including helpline numbers and local support groups.

<https://bit.ly/MindWell-ADHD-links>

ANXIETY

Visit MindWell to understand more about why you might be experiencing anxiety. Find support and learn tools and techniques to help you cope. <https://bit.ly/MindWell-Anxiety>

Visit MindWell to view self-help tools and resources to help you with anxiety.

<https://bit.ly/MindWell-anxiety-worry-self-help>

BEREAVEMENT AND LOSS

Visit MindWell to understand more about grief and what feelings are 'normal' when someone is bereaved, find advice and support for different forms of grief and how to support others.

<https://bit.ly/MindWell-bereavement>

COST OF LIVING CRISIS/DEBT AND MONEY WORRIES

Visit MindWell to find out more about the cost-of-living crisis and find advice and information about how to manage your finances. <https://bit.ly/MindWell-start-managing-money>

Visit MindWell for information about money worries and the impact this can have on mental health. <https://bit.ly/MindWell-MH-and-money-worries>

Follow this guide on the MindWell website for practical advice about how to tackle your money worries head-on, while also looking after your mental wellbeing.

<https://bit.ly/MindWell-debt-money-worries>

COUNSELLING

Visit MindWell to find links to free NHS counselling services and how to refer yourself, learn more about paid for counselling services and explore local services in Leeds, some of which might be low cost if you're on a low income.

<https://bit.ly/MindWell-finding-support-counselling>

CRISIS HELP

Visit MindWell to find out where to turn to find help if you're feeling emotional distress or having suicidal thoughts.

<https://bit.ly/MindWell-find-urgent-help>

Download or print MindWell's foldable leaflet Finding support in a mental health crisis, which has vital contact details for services in Leeds.

<https://bit.ly/MindWell-find-support-MH-crisis>

Visit MindWell for a plain text webpage version of the leaflet Finding support in a mental health crisis, to find vital contact details for services in Leeds.

<https://bit.ly/MindWell-find-support-MH-crisis-plain>

DEPRESSION

Visit MindWell to understand more about why you might be experiencing depression. Find support and learn tools and techniques to help you cope. <https://bit.ly/MindWell-depression-feeling-low>

Visit MindWell to find practical things you can do to help you cope with depression. <https://bit.ly/MindWell-coping-depression>

FINDING SUPPORT IN LEEDS

Visit MindWell to explore the range of support for your mental health and wellbeing in Leeds, including many options you can access directly. <https://bit.ly/MindWell-support-in-Leeds>

Visit MindWell to find out about local mental health services and the support they can offer to people with a range of needs and experiences. <https://bit.ly/MindWell-finding-support-in-Leeds>

Visit MindWell to explore the types of groups available to help you look after your mental health and wellbeing, including regular activity groups, peer support, creative groups and outdoor activities. <https://bit.ly/MindWell-find-support-Leeds>

Visit MindWell to learn about peer support groups, which bring together people with similar experiences so they can help and support each other. <https://bit.ly/MindWell-peer-support-groups>

HOUSING AND HOMELESSNESS

Visit MindWell to find out support for people who are having problems with their housing or might be facing homelessness. <https://bit.ly/MindWell-housing-homelessness>

PANIC AND PANIC ATTACKS

Visit MindWell to learn about panic and panic attacks and understand more about them and how to help yourself. <https://bit.ly/MindWell-panic>

Visit MindWell to learn about the fight or flight response and how it can make your body feel. <https://bit.ly/MindWell-fight-flight-response>

Visit MindWell to understand what can keep panic attacks going, the sort of thoughts and behaviours you might experience and how it can affect your life.

<https://bit.ly/MindWell-continuing-panic>

Visit MindWell to explore ways to help you manage anxiety and panic by using self-help activities to manage your behaviours.

<https://bit.ly/MindWell-panic-changing-behaviours>

Visit MindWell to learn about controlling your breath to manage panic and anxiety and try a breathing technique.

<https://bit.ly/MindWell-panic-control-breath>

Visit MindWell to explore apps, books and other resources that can help you manage anxiety, stress and panic.

<https://bit.ly/MindWell-panic-apps-resources>

PREGNANCY AND BECOMING A PARENT

Visit MindWell for useful information about taking care of your emotional wellbeing during your pregnancy, explore online resources, apps and links to services that can help you.

<https://bit.ly/MindWell-pregnancy-wellbeing>

Visit MindWell to explore the range of services available in Leeds to help support you through your pregnancy and becoming a parent.

<https://bit.ly/MindWell-support-in-pregnancy>

Visit MindWell to understand more about feeling low or anxious during pregnancy and watch a video created with new mums in Leeds.

<https://bit.ly/MindWell-pregnancy-feeling-low-anxious>

Visit MindWell to explore information for new mums, including taking care of your wellbeing, mental health information and finding support.

<https://bit.ly/MindWell-new-mum>

Visit MindWell for ideas to help new mums look after their wellbeing.

<https://bit.ly/MindWell-new-mums-wellbeing>

Visit MindWell to understand more about the baby blues and when new mums might need to ask for help with their mental health.

<https://bit.ly/MIndWell-new-mums-baby-blues>

Visit MindWell to understand more about feeling depressed after the birth of your baby and be able to recognise some of the signs.

<https://bit.ly/MindWell-postnatal-depression>

Visit MindWell to understand more about trauma after a difficult birth, including symptoms of postnatal PTS (Post Traumatic Stress)

<https://bit.ly/MIndWell-postnatal-trauma>

Visit MindWell to explore the wide range of support available for new parents, including local groups and services.

<https://bit.ly/MindWell-new-parents-support>

Visit MindWell to help you understand more about when partners or new dads experience low mood after the arrival of baby.

<https://bit.ly/MindWell-new-dads-partners-low-mood>

RELAXATION

Visit MindWell for relaxation tools to help you to feel calmer. <https://bit.ly/Mindwell-relaxation-tools>

Visit MindWell to try a relaxation breathing technique, including watching a video or reading the instructions.

<https://bit.ly/MindWell-breathing>

SLEEPING BETTER

Visit MindWell for advice on how to have a good night's sleep.

<https://bit.ly/MindWell-sleep-tips-text>

Visit MindWell to see tips on changing the way you sleep.

<https://bit.ly/MindWell-improve-sleep>

STRESS

Visit MindWell to understand more about why you might be experiencing stress, find support and learn tools and techniques to help you cope.

<https://bit.ly/MindWell-stress-under-pressure>

Visit MindWell to learn more about the possible causes of stress.

<https://bit.ly/MindWell-causes-of-stress>

Visit MindWell to discover self-help tools and activities that can help you to take control of stress.

<https://bit.ly/MindWell-Stress-taking-control>

Visit MindWell to find practical things you can do to help you to cope with stress. Read the guides and find the strategies that work for you.

<https://bit.ly/MindWell-stress-strategies>

STUDENT LIFE

Visit MindWell to explore ways to help you take care of your mental health and wellbeing while studying.

<https://bit.ly/MindWell-student-wellbeing>

Visit MindWell to get links to support for students at your place of study, where to find help in Leeds and important sections in MindWell's service directory.

<https://bit.ly/MindWell-student-MH-support>

UNCONTROLLED ANGER

Visit MindWell to understand more about uncontrolled anger, including how it feels, when it's becoming a problem, self-help resources and links to services that can help.

<https://bit.ly/MindWell-Anger>

WORK RELATED STRESS

Visit MindWell to understand more about work-related stress and what support is available to you. Find resources that can help you look after your wellbeing at work.

<https://bit.ly/MindWell-work-related-stress>

Visit MindWell to view the ten strategies for coping with stress at work.

<https://bit.ly/MindWell-work-stress-strategies>