

Our Mind Matters, **Your** Mind Matters

‘Your mental health is as important as your physical health’

Happy

Striving towards a balanced life

Positive

Emotional and mental wellbeing

Empowerment

Guidance to help achieve your goals

Confident

Building confidence, self-esteem and emotional resilience

Valued

Meaningful and valued life within the community

Volunteers - what we're looking for...

We are looking for some amazing, dedicated and sociable volunteers to help support and run the workshops along side us. Please come along to a workshop to experience them for yourself or get in touch if you are interested.



VASL

INCLUDE • INVOLVE • ENRICH



Call 01858 411383

Fax 01858 411388

Email mindmatters@vasl.org.uk

Want to find out more?

Visit - www.vasl.org.uk

This leaflet has been kindly sponsored by:



Harborough Twenty12 Lions Club.
Help where it's needed. Join the pride!
Contact - kate_godber@hotmail.com



Your local Mental Health Wellbeing and Recovery Service funded by



VASL, 1st Floor, Torch House, Torch Way
Northampton Road, Market Harborough, LE16 9HL.

Charity No: 1141274 Registered Company No: 7517828

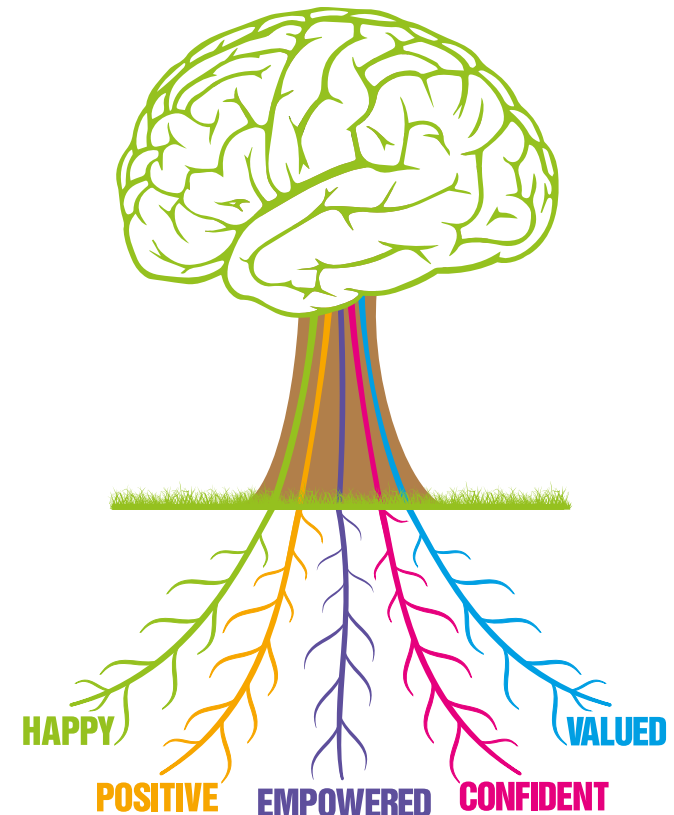
VASL

INCLUDE • INVOLVE • ENRICH



MY MIND MATTERS

Bringing people together to talk about mental health and help find ways of coping and thriving in life.



www.vasl.org.uk



My Mind Matters

My Mind Matters is a service for people affected by Mental Health in the Harborough District.

We support people to overcome social and personal barriers that could affect their mental wellbeing and inclusion in the community.



If you feel ready to join in with your community but find it a struggle after being affected by mental health, either directly or via loved one, then our service could be for you.

Services offered

Telephone Advice

We have a dedicated telephone line for anyone with a mental health concern to call for advice, information and guidance. We hold sessions around Harborough offering face to face advice, information and guidance.

Advice sessions

We offer advice sessions around Harborough to help you to get face to face advice and information. To help, guide and match you to the right services for your mental health and wellbeing needs. Please see our website for dates and times - www.vasl.org.uk

Community Recovery Support

We provide a community recovery support service for those who have a diagnosed mental health condition. The sessions are held within the community or at our offices to support you to achieve or overcome one goal or obstacle. The aim of the community recovery support service is to promote empowerment, independence and social inclusion.

To access the Community Recovery Support Service you need to have a diagnosed mental health condition.

Workshops

Our workshops are to encourage positive mental health, social inclusion and peer empowerment. The focus is on improving and maintaining healthy minds and emotional resilience.

Our aim is that by attending the workshops long-term friendships develop and people can rediscover their worth.



Accessing the Service

The service is free for people over the age of 18 years and who live in the Harborough District.

Anyone can contact us for advice and information about mental health either via our telephone service, our advice sessions or by coming to our workshops.

