

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



Want to find out more?

Call **01858 411383**

Email **mindmatters@vasl.org.uk**

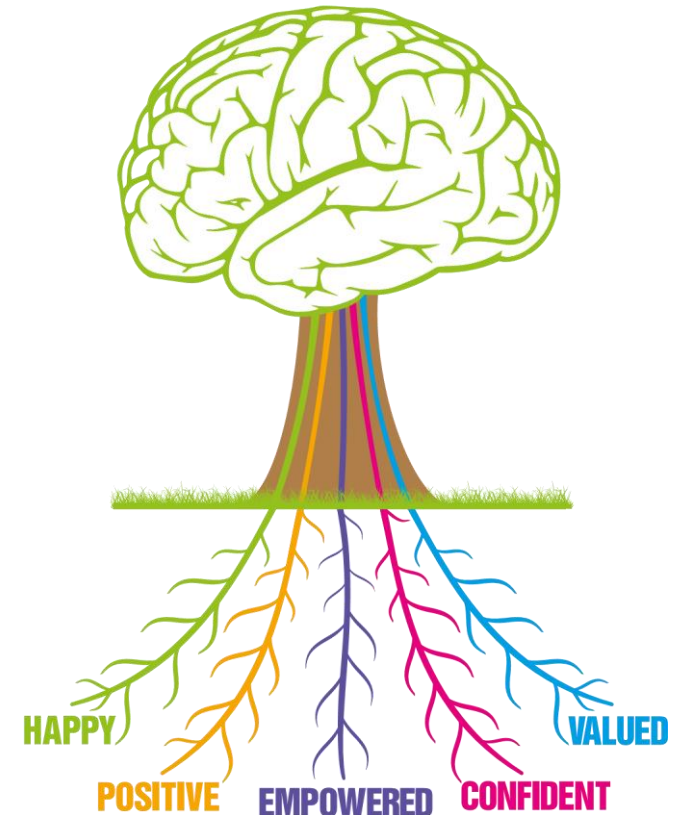
Website

www.vasl.org.uk/services/my-mind-matters/



MY MIND MATTERS

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



Registered with FUNDRAISING REGULATOR



Your local Mental Health Wellbeing and Recovery Service funded by



Leicestershire County Council

East Leicestershire and Rutland Clinical Commissioning Group



West Leicestershire Clinical Commissioning Group

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

Charity No: 1141274 Registered Company No: 7517828



My Mind Matters

My Mind Matters is a service for people affected by mild to moderate 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



Services Offered

Telephone Advice

We have a dedicated telephone line 01858 411383 for anyone with a mental health concern to call for advice, information and guidance.

Advice and Navigation

We offer any advice/signposting with regards to mental health issues or wellbeing concerns for those within the Harborough District.

The project is not a crisis service. Phone 999 if you need urgent help with mental health or you think someone is in danger. Please see our website for useful contacts - www.vasl.org.uk.

Community Recovery Support

Anyone with mild to moderate mental health can access the Community Recovery Support Service. This is a weekly telephone/video call for 30 minutes for up to 4 - 12 weeks to support you to achieve one goal or overcome one obstacle. The aim of the Community Recovery Support Service is to promote empowerment, independence and social inclusion.

Workshops

We run various weekly workshops. Our workshops are to encourage positive mental health, social inclusion and peer empowerment.

The focus is on promoting and maintaining healthy minds and emotional resilience.

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



Accessing the Service

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

Anyone can contact us for advice and information about mental health either via our telephone line or by email.

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

Please Note

The information contained within this leaflet can be provided in alternative formats/languages simply contact us to request your alternative.

