



**Mental wellbeing is for everyone.**  
Stress, anxiety, or low mood are common  
and it's okay to seek help.

Leeds Mental Wellbeing Service offers free online  
courses in mental health and wellbeing.

Scan here for  
**free online**  
group courses:



Scan here to  
**self-refer to**  
our service:



**Support is quick, easy  
and confidential.**



**Your mental wellbeing matters.**

[www.leedsmentalwellbeingsservice.co.uk](http://www.leedsmentalwellbeingsservice.co.uk)

Leeds Mental Wellbeing Service is a partnership between:

Leeds Community Healthcare NHS Trust, Leeds and York Partnership NHS Foundation Trust, Leeds GP Confederation, Northpoint Wellbeing, Inspire North, Touchstone, Women's Counselling and Therapy Service, Homestart Leeds, Ieso Digital Health, SilverCloud Health