



Leeds Mental
Wellbeing Service



WORLD MENTAL HEALTH DAY

Wellbeing
at work
matters
too.

Juggling work and
life can be stressful.

Leeds Mental Wellbeing
Service offers free online
courses and exercises to
help you feel calmer, more
focused, and supported,
anytime, anywhere.

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



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



Healthy minds make
better workdays.



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