



Free mental health support

Understand your emotions with Mind's supported self-help. Over six weeks we'll give you information, resources and regular phone calls to help improve how you feel.

- Anxiety
- Anger management
- Depression
- Feeling alone
- Grief and loss
- Self-esteem
- Stress
- Menopause



mind.org.uk/supported-self-help

 **mind**
in North East
London