



# Leeds Mental Wellbeing Service

We are the Leeds Mental Wellbeing Service. We work in partnership with GP practices and community organisations across the city to deliver mental health support and a range of psychological therapies.



## 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, Community Links, Touchstone, Women's Counselling and Therapy Service, Homestart Leeds, Ieso Digital Health, SilverCloud Health, SignHealth





## What do we offer?

We provide psychological therapies for common mental health problems, such as anxiety and depression, which one in four of us will experience in our lives.

We offer a range of psychological therapies including workshops, group classes, one-to-one sessions and a range of online support options.

Our treatments are available for those aged 17 and over who are registered with a Leeds GP.

## 24/7 online support

Our new online self-referral tools and the ability to book into treatments online mean you can now receive support at any time, day and night. You will have the opportunity to access a range of online therapies and self-help resources – making our therapy accessible for all.

## How can you get the support you need?



You can get support at  
**[www.leedsmentalwellbeingsservice.co.uk](http://www.leedsmentalwellbeingsservice.co.uk)**



You can email us on  
**[leeds.mws@nhs.net](mailto:leeds.mws@nhs.net)**



You can contact us on  
**0113 843 4388**

**We are not a crisis service. If you need immediate help please go to: [www.mindwell-leeds.org.uk](http://www.mindwell-leeds.org.uk)**

**We can provide this information in large print, braille, audio or other languages on request.**