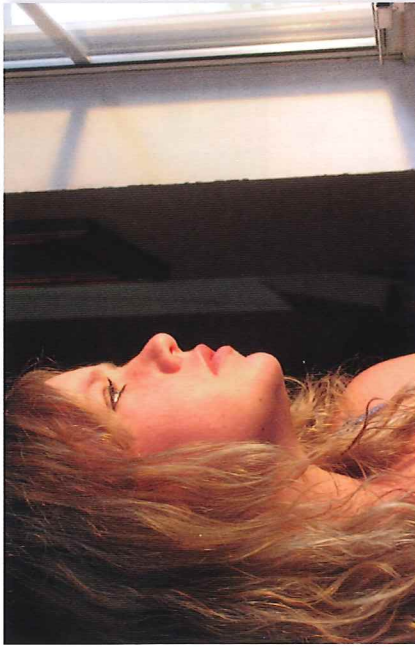


We support people experiencing mental health distress that need guidance, information and support.



We can support you to maintain or improve your mental wellbeing to live a meaningful and valued life

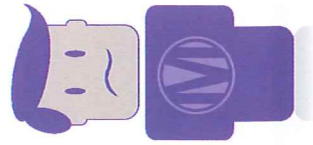
**If you live in the Harborough area and would like to find out more:**

**Call - 01858 411383**

**Email - [mindmatters@vasl.org.uk](mailto:mindmatters@vasl.org.uk)**

Or speak to your GP, healthcare professional or care coordinator and they can make the referral for you.

**Why do I feel like I'm the only one with mental health issues?**



**VASL**  
INCLUDE • INVOLVE • ENRICH

## Your local charity improving lives

VASL is a charity that provides lots of projects to support and help the lives for vulnerable people locally.

[www.vasl.org.uk](http://www.vasl.org.uk)

## Do you have free time? Would you like to volunteer?

Why not become a volunteer with us as a community connector or mentor?

**Call 01858 411383**

**Email [mindmatters@vasl.org.uk](mailto:mindmatters@vasl.org.uk)**

If you need information contained in this leaflet in an alternative version such as large print, tape or a different language please get in touch using the contact details above.

Your local Mental Health Wellbeing and Recovery Service funded by



Leicestershire  
County Council

**MHS**  
East Leicestershire and Rutland  
Clinical Commissioning Group



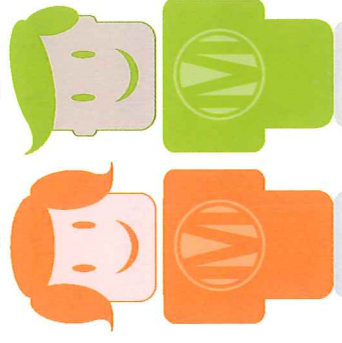
West Leicestershire  
Clinical Commissioning Group

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

Charity No: 1141274 Registered Company No: 7517828

**VASL**  
INCLUDE • INVOLVE • ENRICH

**MY MIND  
MATTERS**



**STEPS TO  
BETTER  
MENTAL HEALTH**



**We can offer you...**

- Information and guidance
- Support you to increase your self-esteem
- Help you build your personal confidence
- Help to learn new skills
- To rediscover old interests
- The ability to build friendships with others



**Our skilled staff members are here to support you every step of the way.**

## Managing your own recovery...

Eligibility for the service

- If you are worried about your emotional and mental wellbeing or caring for someone with mental health issues call our information line on **01858 411383**
- To access the one-to-one support or mentors, you need to be over 18 and diagnosed by your GP or Mental Health Services with a mental illness.

## What we offer...

**Guidance and Information via telephone**

**One-to-one support**

Our emotional response to demands that are made of us by others, outside events, or even ourselves can become challenging. Being able to have one-to-one support can help you to move forward.

**Community Connectors**

Getting involved with what is happening locally can really help. Our connectors will help you find what works for you.



## Mental Health Workshops

Life style alterations and changing the way you think about things can reduce stress reactions. Our workshops can help to show you alternatives.

## Telephone and Peer Mentors

It's amazing what talking to someone on the phone can do. Explaining how you are feeling to someone can really help.

## Online resources

You'll find lots more information on our website simply visit:

[www.vasl.org.uk/mymindmatters](http://www.vasl.org.uk/mymindmatters)

