



# Free mental health support to suit you

**Supported self-help** can help you to better understand and control your feelings within just six weeks.

## We can help with:

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

[mind.org.uk/supported-self-help](https://mind.org.uk/supported-self-help)



## What is supported self-help?

Supported self-help is a six-week guided programme. We give you the materials to understand and manage your feelings, and call you regularly to give you support.

## Who is it for?

If you live in England or the Channel Islands and are over 18, you can sign up today. Maybe you feel that issues such as stress or anxiety are getting too much. This service is for anyone who feels their emotions are getting on top of them.

You don't need to have a diagnosed mental health problem to access this service. If you have different needs, your practitioner will put you in touch with other services that might be able to help.

# How supported self-help works

**1** Feeling low, stressed or struggling to manage things in your life?

**2** Find out more about supported self-help and sign up at: [mind.org.uk/supported-self-help](https://mind.org.uk/supported-self-help)

**3** One of our practitioners will contact you to talk about the issues you're dealing with. If supported self-help is right for you, together you'll agree a programme of support. This can cover any of the following:

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

**4** If you move forward with supported self-help, you will be invited to a 40 minute session to discuss in more detail what support you are looking for.

**5** Each week we'll call to check in on how you're doing and give you any support you might need. You'll also receive a new package of materials on a different topic.

**6** In your last session, together we'll review how you're feeling and talk about the ways the course has helped. We will talk about what's next and if Mind can support you in any other ways.



# 3/5 Breathing

Try this exercise while you wait for your appointment to start.

When we feel stressed or anxious, it can affect our breathing. We tend to take short, fast breaths from high up in our body, near our chest. Breathing too quickly can mean you take in too much oxygen, which can make you feel light headed and even panicky.

**If you notice that you are breathing quickly, or that you are starting to feel light-headed, then 3/5 breathing can help you to feel more calm.**

## Here's how to do it:

**1** Breathe in and count to three as you do so.

**2** Hold for two seconds.

**3** Now breathe out and count to five at the same pace.

**4** Keep doing this until you feel more relaxed.

# Appointments

Session: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Time: \_\_\_\_\_

Date: \_\_\_\_\_

# Preparing for your introduction meeting

What do I want to say?

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What have I tried before?

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What has helped?

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“ Before I started, I felt at the lowest point of my life. Talking to the practitioner has made me feel so much better. I can now see my way again. Without this wonderful service I really don’t think I would be here now. ”

**Lucy\*, South East Wales**

\*Participant’s name has been changed



### **How to sign up**

Speak to your local Mind,  
or sign up at:

[mind.org.uk/supported-self-help](https://www.mind.org.uk/supported-self-help)

Mind  
2 Redman Place  
London  
E20 1JQ