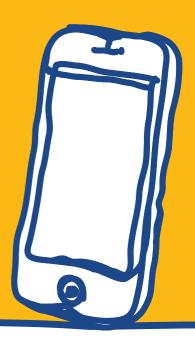
## Free mental health support to suit you

Active Monitoring can help you to better understand and be in more control of your feelings within just six weeks.

## We can help with:

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







Monitoring?

Active Monitoring is a six-week guided self-help programme. That means we'll give you the materials you need to better understand and manage your feelings, and will call you regularly to support you through the process.

If you live in Wales and are over 18, you can sign up todau. Maube uou feel that issues such as stress or anger are getting too much. Or, you have a diagnosed mental health problem and would like to try something alongside your other treatments. Active Monitoring can help. Get in touch to find out if it's right for you.

## How Active Monitoring works

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

Call or email us and ask about Active Monitoring

and ask

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Within a week, one of our team will call you to talk about the issues you're dealing with. If Active Monitoring 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

6

At the end of the six weeks, 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.



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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.



You'll receive a package in the post or on email, with all the tools and tips you need to get started.



"Before I started, I felt at the lowest point in my life. The last few years have been terrible. The stress and everything that was going on had me at breaking point. I couldn't see any way out of the black hole. Talking to the practitioner has made me feel so much better. Linda has been a good listener and a person who has given me such good advice. I can now see my way again, and although I know I've got some way to go before everything is better, at least I'm on my way. Without this wonderful service I really don't think I would be here now."

Lucy\*, South East Wales

\*Participant's name has been changed

To start Active Monitoring, just email us or give us a call.

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