

MIND YOUR HEALTH SERVICE

is...

**“...someone to speak
to other than family”**

- Kiran

**“...a life-line
of short-term
support”**

- Mike

**“...a break
from feeling
isolated”**

- H

4 sessions for you to:

- A**ddress matters affecting your mental health.
- B**e mindful of the wealth of resources available.
- C**hoose what to consider, challenge or change for your wellbeing.

1:1 sessions by:



In-person



Virtual



Telephone