

Mental Health Problems

The following links are useful for advice and support when dealing with Mental Health Issues. They are suitable for personal use, friends, and family.

There is a lot of information, please try and not become overwhelmed by it all, take your time and see what appeals to you.

Self-care techniques and general lifestyle changes can help manage the symptoms of many mental health problems. They may also help prevent some problems from developing or getting worse. Here are some tips for looking after yourself that you might find helpful.

If these work well for you then you may find you don't need any formal [treatment](#). However, it's important to remember that there is unlikely to be an instant solution. [Recovering from a mental health problem](#) is likely to take time, energy and work.

Our pages on [improving and maintaining your mental wellbeing](#) have more self-care suggestions and tips.

[Self-care for mental health problems - Mind](#) – all general advice for

MENTAL HEALTH LINKS FOR ADVICE AND SELF REFERRAL

[NHS England » NHS Talking Therapies, for anxiety and depression](#) – Previously know as IAPT – self referral available

[Leeds Community Healthcare NHS Trust - Home](#) – Mental wellbeing Service – self referral available

[Linking Leeds - Social prescribing for practical or emotional problems](#) – self referral available

[Home - MindWell \(mindwell-leeds.org.uk\)](#) – self referral available

[Leeds and York Partnership NHS Foundation Trust -Wellness Recovery Action Plan® \(leedsandyorkpft.nhs.uk\)](#) – self referral available

[Omnitherapy – We'll help you feel better](#) – self referral available

[Leeds Community Healthcare NHS Trust - Home](#) – self referral available

[Home - Leeds Mind](#) – lots of links to separate groups inc

[Linking Leeds - Social prescribing for practical or emotional problems](#)

[Leeds Mindful Befriending - Leeds Mind](#)

[Support for Young People - Leeds Mind](#)

SELF HELP TIPS AND ADVICE

[Mental wellbeing tips - Every Mind Matters - NHS \(www.nhs.uk\)](#) – Mental Wellbeing tips

[Finding support in Leeds - MindWell \(mindwell-leeds.org.uk\)](#) – Mind Plan Quiz

[How to seek help for a mental health problem - Mind](#)

MINDFULNESS

[Getting Started with Mindfulness - Mindful](#) – Self help Tips

FREE APPS

[Insight Timer - 1 Free Meditation App for Sleep, Relax & More](#)

ADHD ADVICE – ALL GENERAL MH

[Harvard Health - HelpGuide.org](#)

I also signpost to neurographic art is a technique, which comprises drawing freeform lines or 'neuro lines.' These are meant to enable the connection between the conscious and unconscious, gaining access to the inner self by using a specific algorithm or method.