

SelfHelp

Improving mental health

- ✓ FREE
- ✓ EASY TO ACCESS
- ✓ CALL US OR SPEAK TO YOUR GP

Are you feeling...

- Worried or anxious
- Stressed out
- Hopeless and sad
- Tired and exhausted

Let's work
on this
together

We offer a range of services across Manchester including one-to-one support, groups, workshops and eTherapy to help you on your journey to recovery.

To find out more or refer
please call 0161 226 3871 or email
pws.manchester@selfhelpservices.org.uk

 @weareselfhelp

Self Help is a registered charity (no. 1122063)... a Big Life charity.

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