

SelfHelp

Improving mental health

For more information call 0161 226 3871 or email pws.manchester@selfhelpservices.org.uk

You can refer yourself directly to our services online at www.selfhelpservices.org.uk

 @weareselfhelp

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

Funded by:



SelfHelp

Improving mental health

Helpless Sad

Stressed Anxious Depressed

Need help with how you are feeling?

Can't sleep Worried Panicky

Let's work on this together

Look inside to find the right support to help on your journey to recovery

Every year, **one in four** of us will experience a mental health problem. We believe no-one should have to face this alone. We are here to provide the support, tools and techniques you need to help you take control of your life.

SelfHelp eTherapy



SelfHelp Talking Therapies



With eTherapy, you can work through a series of online exercises and learn techniques to help you feel better about yourself.

We offer a range of courses available to access from your own home or across Manchester, Salford and Trafford which can help you manage and improve a variety of difficult emotions.

You might be feeling very low, worried, stressed out or unable to sleep. Our highly-skilled team will find the right course to suit your needs and offer step-by-step guidance and assistance to help improve how you feel.

Talking Therapies can help you to deal with negative thoughts and feelings, and make positive changes to your life.

You might be feeling lonely, struggling with your confidence or avoiding situations. However you feel, our qualified team will work with you, to empower you to change how you think and what you do, helping you to feel better about yourself.

You can access this support on a one-to-one basis, over the telephone or face to face.

"The support I received was fantastic. My support worker was very kind, patient and understanding as well as an excellent listener. Knowing that I had their support has been an important part of my recovery."

SelfHelp Workshops



Our workshops provide the knowledge and skills to help you deal with negative thoughts and feelings.

The workshops on offer provide a range of support. You are not made to speak in our workshops and if you want to 'sit back and listen' then this is ok. The workshops are an opportunity to see that you are not on your own, and that others may be experiencing similar thoughts or feelings.

You can access this support at various dates and times across the city.

SelfHelp Peer Support



Meet others with similar experiences.

We offer a range of peer support drop-in groups which allow people, with lived experience of a mental health problem, to provide help and support to someone who is experiencing a similar difficulty.

Our wide-range of drop-in groups provide a non-judgemental environment where you can talk about your feelings, socialise, and share advice and coping strategies.



"I found the time to think and reflect, and the practical tools for coping with everyday situations, thoughts and feelings most helpful for me."

You can refer yourself online at www.selfhelpservices.org.uk