



# Supported Self Help

Do you find you are starting to experience symptoms of worsening mental health, such as stress, anger, low mood, grief, worry, loneliness, or low self-esteem?

**Don't wait. We are here for you.**

Our friendly Supported Self Help practitioners are here to guide and empower you to improve your mental health and wellbeing over 5 weeks.



To find out more about our FREE Supported Self Help service delivered in Derby, and to make a referral, visit:

[www.derbyshiremind.org.uk/supportedselfhelp](http://www.derbyshiremind.org.uk/supportedselfhelp)

**Supported Self Help is an early intervention service which uses self-help tools to help you support your mental wellbeing as soon as you need it. It involves a course of sessions with a trained practitioner to find out what support you need and to develop a wellbeing toolkit of self-help tools perfect for you.**

### **How does it work?**

Our trained mental health practitioners deliver Supported Self Help remotely via telephone or video call - whatever method suits your needs best. The first session is a 40 minute introduction to discuss what support you need. If both you and your practitioner feel Supported Self Help is appropriate, you will have five weekly 20 minute sessions where your practitioner will introduce evidence-based tools for you to try at home and support you to develop your own wellbeing toolkit.

### **What can it do for me?**

Supported Self Help offers one-to-one support to help you make positive choices in your life and improve your mental health. We will work with you to help you understand your symptoms and offer some handy hints and tips so that you can help yourself feel better.

### **What do I do now?**

You can let us know that you are interested in the Supported Self Help service by simply visiting our website and completing a Self Referral Form. - Alternatively your Support Worker, Social Prescriber, or GP may do this for you if you agree.

Once we have received your referral we will contact you by telephone to tell you more about the service and to book you in for your introduction and assessment session with your practitioner.

Visit our website to start your referral:

**[www.derbyshiremind.org.uk/supportedselfhelp](http://www.derbyshiremind.org.uk/supportedselfhelp)**