

# Mental Health Support: Healthy Minds

- **Primary Care Multidisciplinary Team**
- Mental Health Support: Healthy Minds

The Healthy Minds service is for patients experiencing low level mental health issues. The Healthy Minds practitioners specialise in dealing with mental health and will have more time to listen to your concerns.

## Book an appointment with Healthy Minds if you are suffering with

- Depression/ low mood
- Anxiety – including social anxiety or health anxiety
- Sleep difficulties
- Panic attacks
- Stress- including work, academic or family issues
- Acute distress in response to a specific life event e.g. bereavement
- Isolation or limited support network
- Requiring of support to self refer/access appropriate mental health services – including Leeds Mental Wellbeing Service, Social Prescribing, Mindwell and third sector support services.
- Unsuccessful previous referral to Talking Therapies

**Please note Healthy Minds will be unable to see patients who have thoughts of self-harm or suicide.**