



## Wellbeing signposting

If you feel you need some additional support after an LMM event here is information about mental health services:

### **Mindwell**

The website that collates all the information about Mental Health services in Leeds.

<https://www.mindwell-leeds.org.uk/>

Here is a list of various listening services you can access: <https://www.mindwell-leeds.org.uk/i-need-help-now#/i-want-to-talk-to-someone>

### **'MyWellbeing College'**

NHS support. Here you will find tools and resources to help you through life's ups and downs. They can offer guidance on things such as low mood, anxiety, sleep problems and stress.

<https://bmywellbeingcollege.nhs.uk/information-support/about-mywellbeingcollege/>

### **Your local doctor's surgery**

We recommend if you have any health-related concerns to speak to your local GP.

### **Crisis support:**

West Yorkshire mental health helpline: 24 hours                      0800 183 0558

Samaritans: 24 hours a day    116 123

NHS Direct: 24 hours a day    111

### **For reflection/meditation/mindfulness resources:**

If you need to create regular spaces of quiet, stillness and reflection for yourself you may find [our podcast](#) a good place to start as everything is free.

If you use the Apple Podcast app you can [find us here](#).

If you use Spotify you can [find us here](#).

Or simply search 'LMM' in your podcast app, look out for our logo and you should find us.