Healthy Minds

Feeling anxious or depressed, have low mood or are stressed?

Pennine Care NHS Foundation Trust have launched a website Healthy Minds through which you can access help.

Complete a simple form and a health care professional will contact you. This service runs in parallel with your G.P. service.

To access the service go to <u>https://www.penninecare.nhs.uk/healthyminds</u>