



# MENTALLY HEALTHY LEEDS VIRTUAL GROUPS

Let's Connect and Feel Good

## Online Fun and Games

### Online fun and games Tuesdays 1-2PM



A quick Mental health check in with peer support. Enjoy fun, games and quizzes, whilst chatting and relaxing in a friendly sociable atmosphere. Gain new friends and leave feeling more connected. To get involved contact Joe on 07741 328786 or the contact information below.

## This Is Me

### This Is Me Tuesdays 2-3PM



Free self-esteem and confidence building sessions for WOMEN only. Build confidence, make new friends and express yourself through arts and poetry. Want to join? Contact Natalie on 07824897946 or the contact information below.

## BurMANtofts Skill and Social

### BurMANtofts Skill and Social Wednesday 4-5:30PM



Weekly online group for MEN only. Make new connections and friendships. Enjoy learning and discussions and sharing your story. For for information contact B on 07920449114 or the contact information below.

## 121 Support

### 121 Support with MHL



Are you struggling with the changes to your everyday life? Or finding it hard to cope without daily interaction? MHL is here for you! We are able to provide 121 phone support. Referrals are open to professionals and the public. Call for yourself or share our number with someone you are concerned about.