



Mental Health Bulletin

We hope this email finds you safe and well! We wanted to reach out separately from our typical newsletters to discuss one element of this project that is extremely important, though often forgotten: the emotional and mental toll this situation is taking on our leaseholders.

We completely understand the pressure that this project is causing leaseholders – especially within the broader context of the pandemic. For many people, this goes beyond feeling stressed and anxious and is causing emotional and mental distress. Above all, we want you to know that we hear you and we care.

If you are experiencing signs of anxiety, depression, or any other troubling emotion, please do not be afraid to reach out for help. Seeking help is not a sign of weakness; rather, seeking help in this way shows tremendous inner strength!

We put together a list of experts who can help you and your mental health during this process and into the future:

Mental Health Services

Yorkshire

MindWell

MindWell is the mental health website for people in Leeds, bringing together information from numerous parties in one easy-to-use, go-to place. (www.mindwell-leeds.org.uk)

Leeds Mental Wellbeing Service

Leeds Wellbeing Service provides support and therapies for common mental health problems. (<https://www.leedscommunityhealthcare.nhs.uk/our-services-a-z/leeds-mental-wellbeing-service/home/>)

North West

Manchester Mind

Manchester Mind can offer support on various services available across the region to help when struggling with depression or anxiety (www.manchestermind.org/)

Papyrus - for people under 35

Call 0800 068 41 41 – Monday to Friday 9 am to 10 pm, weekends and bank holidays 2 pm to 10 pm

SAMARITANS HELPLINE - URGENT HELP

If you need someone to talk to, they listen. You won't be judged, and they don't tell you what to do. If you need urgent help due to the way you feel, call the Samaritans

Financial Help

StepChange

If you're worried about your finances, StepChange are a debt charity who can help you in various ways (www.stepchange.org/)

PayPlan

Payplan offer free debt help to those struggling (www.payplan.com/)

Take care,

LIV Group

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