

Every Mind Matters

Find out how local mental health services can help you with low mood, anxiety, sleep problems and stress

There are times when we feel stressed, low or anxious, or have trouble sleeping. But there are things we can do to look after our mental health and wellbeing. Get expert advice, practical tips and a personalised action plan with Every Mind Matters.

Every Mind Matters is part of the national **'One You'** campaign focusing on how people can take positive preventable measure to help them look after themselves at the first signs or where to get help and support if they are living with a mental health condition.

To access the website for further information and support including:

[Every Mind Matters - Leicester City Clinical Commissioning Group](http://leicestercityccg.nhs.uk)
(leicestercityccg.nhs.uk)

- Video guide
 - Stress
- Sleep Problems
 - Low mood
 - Anxiety
- How are you? Quiz

[How are you? Quiz](#) In **Leicester City** there is also the [Let's Talk Wellbeing](#) support service. providing help for people with anxiety, depression and other similar difficulties. Let's Talk – Wellbeing is available in many different places in the community.