



Free Guided Self-Help Service

If you are over 18 and live in Windsor, Ascot and Maidenhead and you're experiencing new stress or anxiety or have longer-term issues with depression, anger or self-esteem, our free guided self-help service is for you.

The service is a six-week programme that provides you with the tips and tools you'll need to help you understand and feel more in control of your emotions.

Your Wellbeing Coach will support you throughout the course with weekly phone calls. In your first phone call, you and your Wellbeing Coach will explore if the service is right for you.

Together, you'll agree a programme of support covering any of the following topics:

- Anxiety • Depression • Low self-esteem
- Stress • Feeling alone • Managing anger
- Grief and loss

Each week you'll receive materials to help you understand and manage your feelings. These might include

explanations of how and why we experience different feelings, a thought diary or mindfulness techniques.

You won't have to complete these alone. Your Wellbeing Coach will call you each week to talk about how you're feeling and help with any issues you have. All you need is a phone number to get started.

Sign up today, and you could be feeling more in control of your situation in just a few weeks.

<https://bit.ly/self-help-service-form>



For more information please call **07901 511694**

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