

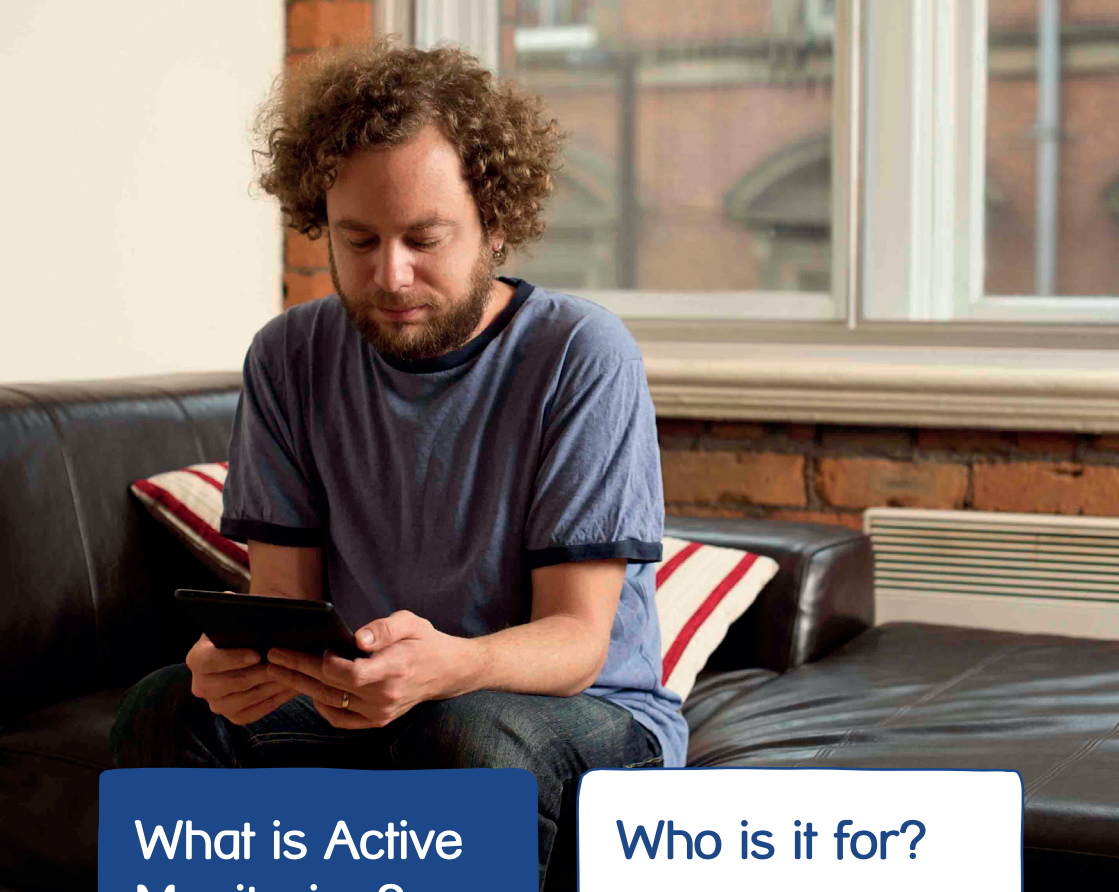
# Free mental health support to suit you

Active Monitoring can help you to better understand and be in more control of your feelings within just six weeks.

We can help with:

- Anxiety
- Anger management
- Depression
- Feeling alone
- Grief and loss
- Self-esteem
- Stress





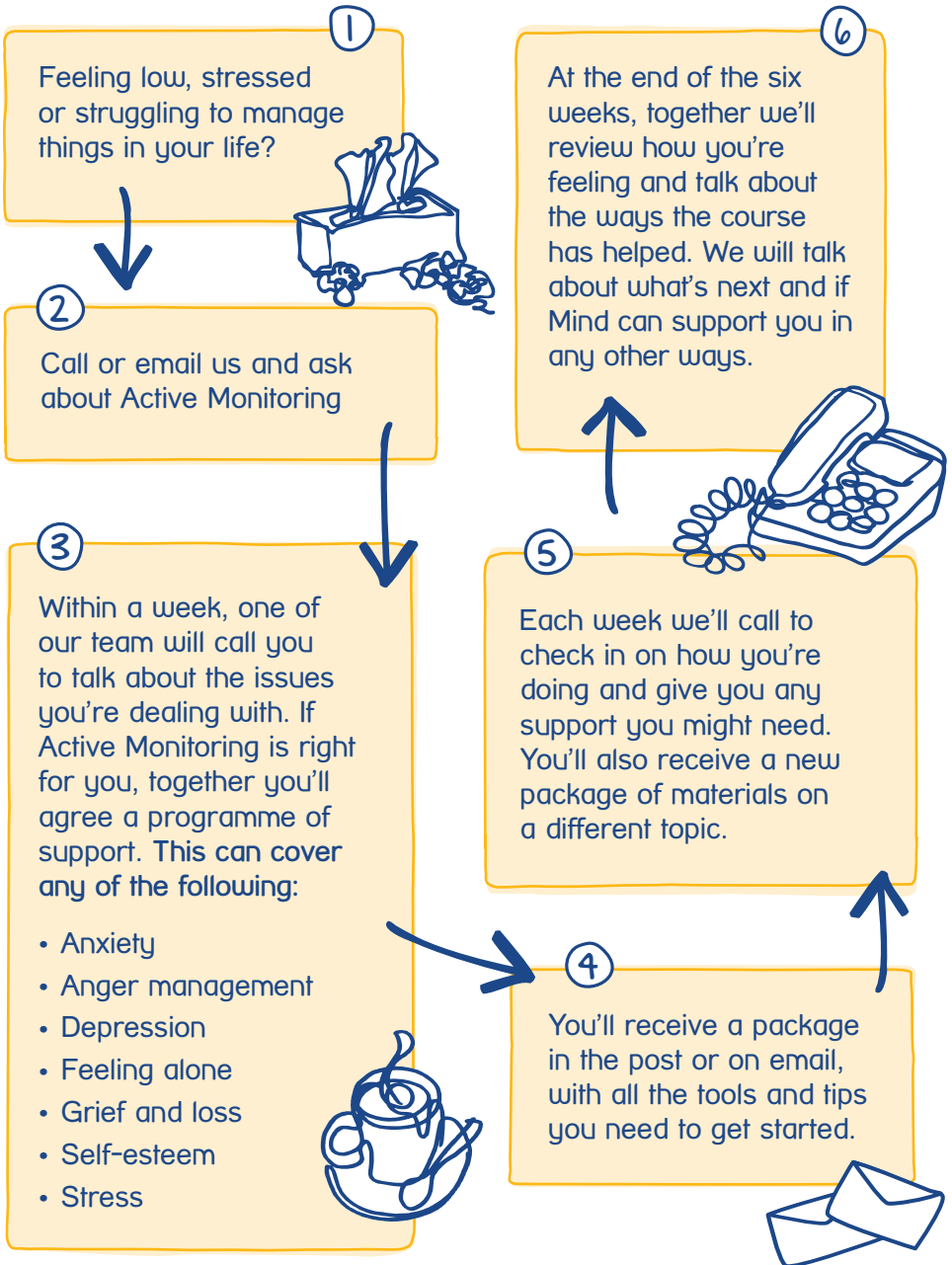
## What is Active Monitoring?

Active Monitoring is a six-week guided self-help programme. That means we'll give you the materials you need to better understand and manage your feelings, and will call you regularly to support you through the process.

## Who is it for?

If you live in Wales and are over 18, you can sign up today. Maybe you feel that issues such as stress or anger are getting too much. Or, you have a diagnosed mental health problem and would like to try something alongside your other treatments. Active Monitoring can help. Get in touch to find out if it's right for you.

# How Active Monitoring works



“Before I started, I felt at the lowest point in my life. The last few years have been terrible. The stress and everything that was going on had me at breaking point. I couldn’t see any way out of the black hole. Talking to the practitioner has made me feel so much better. Linda has been a good listener and a person who has given me such good advice. I can now see my way again, and although I know I’ve got some way to go before everything is better, at least I’m on my way. Without this wonderful service I really don’t think I would be here now.”



Lucy\*, South East Wales

\*Participant's name has been changed

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To start Active Monitoring, just email us or give us a call.

Llanelli Mind,  
45 Thomas Street,  
Llanelli,  
Carmarthenshire  
SA15 3JA

T: 01554 752751

E: [welcomecentre@llanelli-mind.org.uk](mailto:welcomecentre@llanelli-mind.org.uk)



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