

Coping with the 'new normal'?

- ◆ Are you anxious about returning to work?
- ◆ Have you been working on the front line?
- ◆ Are you worried for your health and loved ones?
- ◆ Have you noticed an increase in your stress levels and changes to your routine?
- ◆ Or is this global pandemic just a bit too overwhelming?

The Mindsmatter service offers a wide range of therapies (including **quick access online and telephone treatment**) to support people with stress and mild-moderate anxiety and depression and are based over Lancashire and South Cumbria

To **self-refer** go to our website to find your local team:

www.lscft.nhs.uk/Mindsmatter



@MindsmatterNHS

Struggling to cope with change?

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Have you been shielding?

- ◆ Worried about leaving the house?
- ◆ Has your long term health condition been affected?
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- ◆ Or is this global pandemic just a bit too overwhelming?

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