



# Lanarkshire **mind matters**

An NHS website to help your mental health



**How We Can  
Help You**



**How You Can  
Help Yourself**



**Other  
Resources**

# Lanarkshire Mind Matters is a website from NHS Lanarkshire Psychological Services.

Designed for people who live or work in Lanarkshire, it offers free, high-quality mental health information, advice and help.

That includes self-help, and a range of online therapeutic courses for difficulties including anxiety, low mood, panic, sleep problems and much more.

There are also links to other useful resources both locally and nationally.



Search online for  
Lanarkshire Mind Matters or visit  
[www.lanarkshiremindmatters.scot.nhs.uk](http://www.lanarkshiremindmatters.scot.nhs.uk)

Scan the QR code with your phone to go straight to the site

