



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

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

