

# Get help now



Self refer online by scanning the code  
with your mobile phone or visit:  
[www.vitahealthgroup.co.uk](http://www.vitahealthgroup.co.uk)



Phone: 0330 094 5595



Monday – Friday  
8.00am – 8.00pm  
Saturdays  
9.00am – 12.30pm



Leicester City Clinical Commissioning Group  
West Leicestershire Clinical Commissioning Group  
East Leicestershire and Rutland Clinical Commissioning Group



in partnership with the



## We are here for you

Providing free and confidential talking therapies to get life back on track.

VitaMinds can help with improving your mental health and wellbeing and is your local NHS talking therapies service, known as IAPT (Improving Access to Psychological Therapies). **It is a free service.**

We all experience times when we feel like we can't cope, sometimes this can start to affect our everyday lives and prevent us from doing the things we normally do.

**VitaMinds can help. It is a free service.**

VitaMinds is part of the Department of Health's Improving Access to Psychological Therapies (IAPT) initiative. We offer access to a range of different talking therapies, psychoeducational group courses and offer access to sessions with Psychological Wellbeing Practitioners, Counsellors and Cognitive Behavioural Therapists.

## Our easy 3 step approach



Self-refer to to the service by phone or web. You can also scan the QR code



Together, we will agree the best approach for you. There are a variety of support tools, which include online therapy, group treatments or individual talking therapy.



A fully qualified therapist will support you throughout your treatment.