



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



in partnership with



Here to help you

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 to improve your mental health and wellbeing.

VitaMinds works in partnership with the NHS in Leicester, Leicestershire and Rutland to offer a range of short-term psychological therapies.

It is a free service



VitaMinds is your local NHS talking therapies service, known as IAPT (Improving Access to Psychological Therapies).

Arrange an appointment



Scan the QR code



Call us on 0330 094 5595



Ask your GP to refer you to Vita



vitahealthgroup.co.uk



If you are over 16 and live in Leicester, Leicestershire and Rutland we can support you by providing the tools you need to get life back on track

Are you experiencing:

- Excessive worry
- Low mood
- Depression
- Anxiety
- A lack of motivation

The VitaMinds is your talking therapies service, known as IAPT (Improving Access to Psychological Therapies). It is **FREE and Confidential**.

We provide a range of evidence based talking therapies and new ways of coping to help you better manage your mood.

All of our therapies can be provided via secure video, text-based therapy, webinar, phone or face to face (one to one or group).



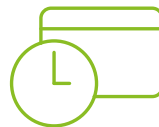
Our easy 3 step approach



Refer to the service by phone or web.



Together, we will agree the best approach for you.



Our therapist will support you throughout your treatment.

Get help now



Phone: 0330 094 5595



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

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