

# How can we help you?



**Welcome** to the very first edition of the Conwy Mind newsletter! This is where you'll find out all about us and what we're doing to promote good mental health across the county. Over the past months, we've been making changes to the way we work and the services we offer; changes which have gathered speed due to the coronavirus pandemic. We've expanded our counselling team, increased our telephone and online support and introduced new mental health strategies.

We want to be accessible – so you feel you're getting the support you need from us. We asked for your feedback – and what a lot of fantastic responses you sent us! You told us you wanted a noticeboard; somewhere to share news; regular updates on services and a 'what's on' platform.

So here it is, your Conwy Mind newsletter, which we're planning to produce every two months.

If you live in Conwy, we're here to support you and we want to reach as many of you as possible so this newsletter is exclusively for you. Tell us what you'd like to see included, as well as any news, anecdotes, inspirational stories or funny photos. We look forward to hearing from you!

*Denise Roberts*  
Chief Executive, Conwy Mind

## Introducing our Active Monitoring programme

We've launched a new personalised over-the-phone support service called Active Monitoring. It's a free, one-to-one service, to help people manage their own mental health. And it's been designed to address mild to moderate mental health problems, covering a range of issues including anxiety, depression, low self-esteem and stress.

The scheme is interactive, and includes five telephone sessions with an Active Monitoring practitioner, alongside self-directed workbooks. Individuals can refer themselves, rather than waiting for a GP referral. And access to the scheme is easy: appointments can be booked on the Mind website [www.mind.org.uk/AMWales](http://www.mind.org.uk/AMWales). Our Active Monitoring practitioners will hold initial assessments with people, to ensure the service is appropriate before starting the 5 week course.



We know that lockdown has had a huge impact on people's mental wellbeing. Timely support is vital to make sure moderate mental health problems don't get worse



Dawn Jones - Active Monitoring Practitioner

We launched the scheme in June and had a huge response. People who have signed up to the programme have already reported really positive results.

### CONTACT US!

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