

# Support your mental health



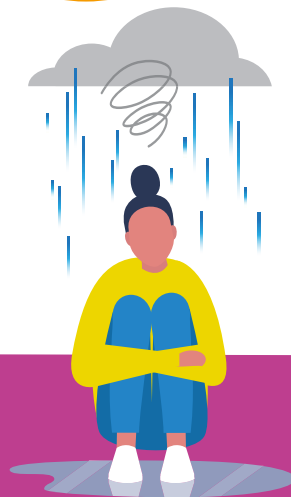
If you are diagnosed with a severe mental illness and would like to improve your health and wellbeing, our Mental Health, Health Trainers can support you.

You will be assigned **your own Mental Health, Health Trainer**, who will work with you to identify lifestyle changes you would like to make. **With up to 8 FREE sessions of healthy lifestyle support**, they can help you set small achievable goals to make and maintain these changes.



Here are some elements of your health and wellbeing you could work on:

- Healthy eating
- Losing weight
- Increasing physical activity
- Reducing stress
- Growing a network of support
- Creating more structure to your day



For more information  
text: **HEALTHYU** to **60777** or  
call: **0333 005 0093**, or visit  
[www.healthyyou.org.uk](http://www.healthyyou.org.uk)