

Choose well for your mental health



South West
Yorkshire Partnership
NHS Foundation Trust

Are you aged 18 or
over and living in
Barnsley, Calderdale,
Kirklees or Wakefield?

Do you want to know:

- How you can look after your mental health and wellbeing?
- Where you or others can go for mental health and wellbeing support locally?



Download the 'choose well for
mental health' guide at:

www.southwestyorkshire.nhs.uk/choosewell
or scan the QR code



If you require a copy of this information in any other format or language please contact the Trust.

With **all of us** in mind.