We support people experiencing mental health distress that need guidance, information and support.

We can support you to maintain or improve your mental wellbeing to live a meaningful and valued life.

If you live in the Harborough area and would like to find out more:

Call - 01858 411383
Email - mindmatters@vasl.org.uk

Or speak to your GP, healthcare professional or care coordinator and they can make the referral for you.

Your local charity improving lives

VASL is a charity that provides lots of projects to support and help the lives for vulnerable people locally.

www.vasl.org.uk

Do you have free time? Would you like to volunteer?

Why not become a volunteer with us as a community connector or mentor?

Call 01858 411383
Email mindmatters@vasl.org.uk

If you need information contained in this leaflet in an alternative version such as large print, tape or a different language please get in touch using the contact details above.

Your local Mental Health Wellbeing and Recovery Service funded by

Leicestershire County Council
East Leicestershire and Rutland Clinical Commissioning Group
West Leicestershire Clinical Commissioning Group

VASL, 1st Floor, Torch House, Torch Way
Northampton Road, Market Harborough, LE16 9HL.

Charity No: 1141274  Registered Company No: 7517828
works for you.

Community Connectors

One-to-one support can help you to move forward.

Guidance and Information

What we offer...

Mental Health Workshops

Online Resources

It's amazing what talking to someone on the phone can really help.

Telephone and Peer Mentors

Our workshops can help to show you techniques that can reduce stress reactions and change the way you think about things.

Step of the Way.

Our skilled staff members are here to support you every

We can offer you...

Eligibility for the Service

Managing your own recovery...