



SHEFFIELD

MENTAL HEALTH GUIDE

Easy Read





About the website

This document is about the Sheffield Mental Health Guide.

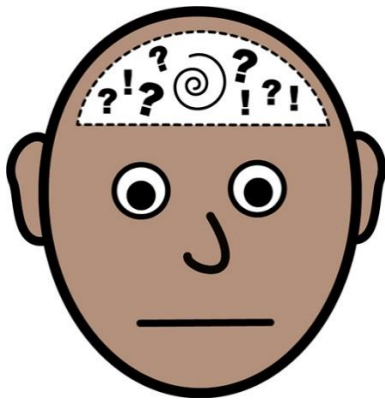


The Sheffield Mental Health Guide is a website.



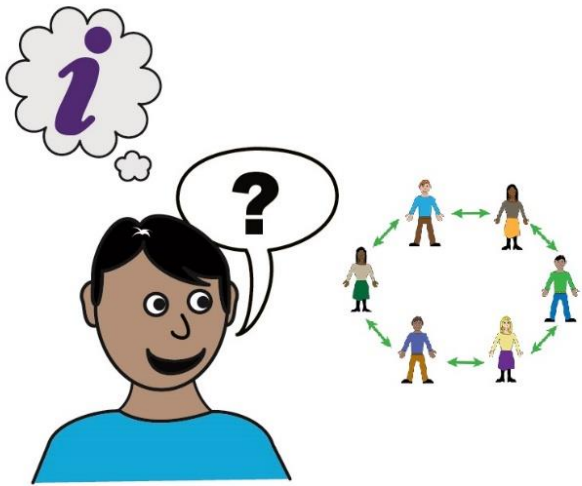


It was built by Sheffield Flourish,
a local charity.

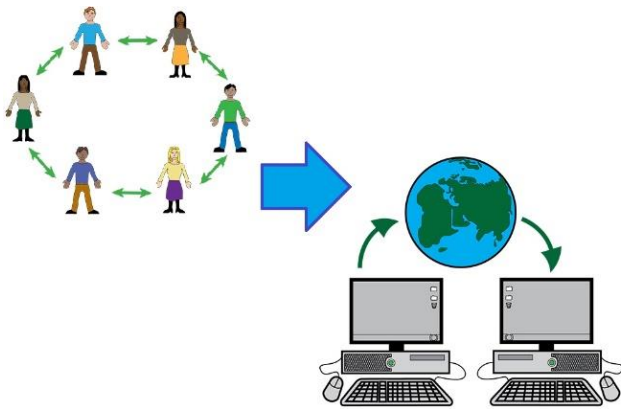


It is designed for anyone who is
worried about mental health.





Before we built it, we asked people from across Sheffield what they thought makes a good website.

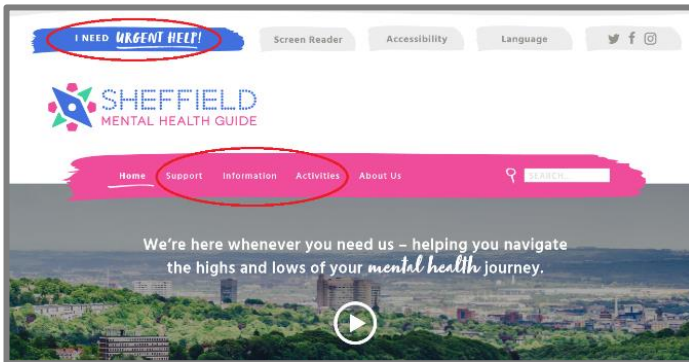


We used these people's ideas when we built the website.

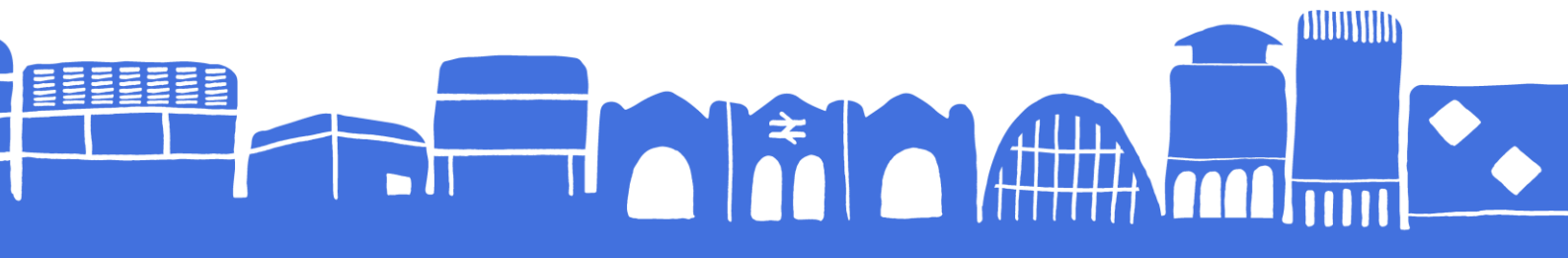




How to use the website

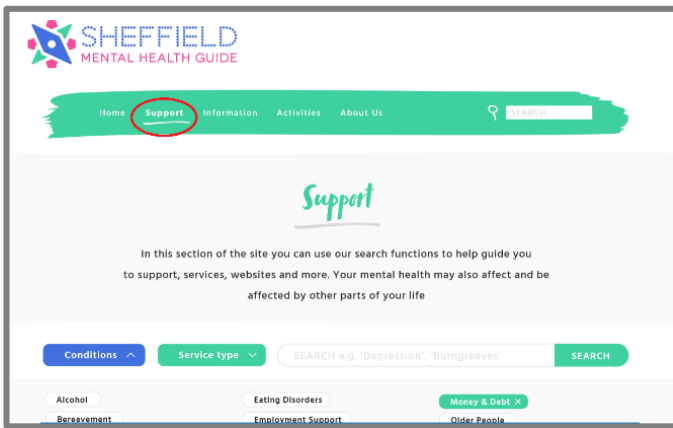


There are a few main sections of the website.



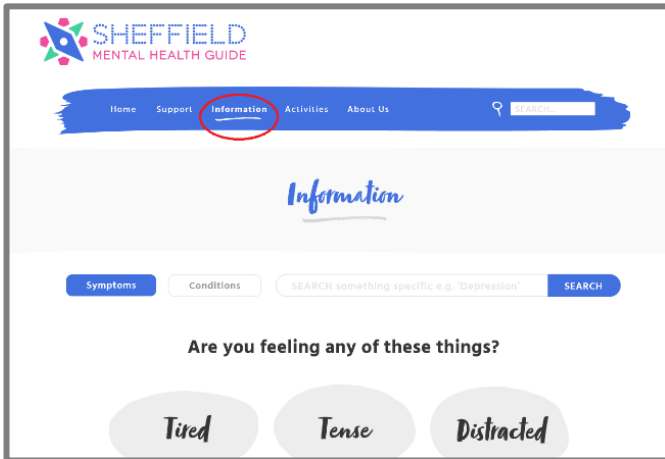


If you need urgent help, there is a button at the top of the page that you can click on.

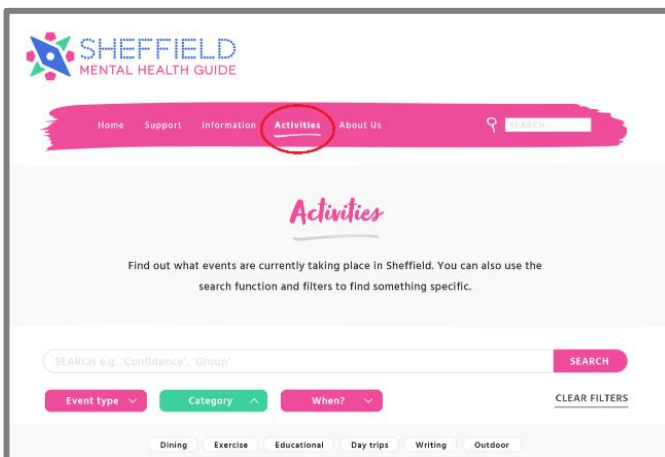


If you want to find support services in Sheffield and beyond, you should click on the 'support' tab.





If you want to find out more about mental health issues you can read more on the 'information' page.



And there are lots of mental health friendly activities in Sheffield listed in the 'activities' section.



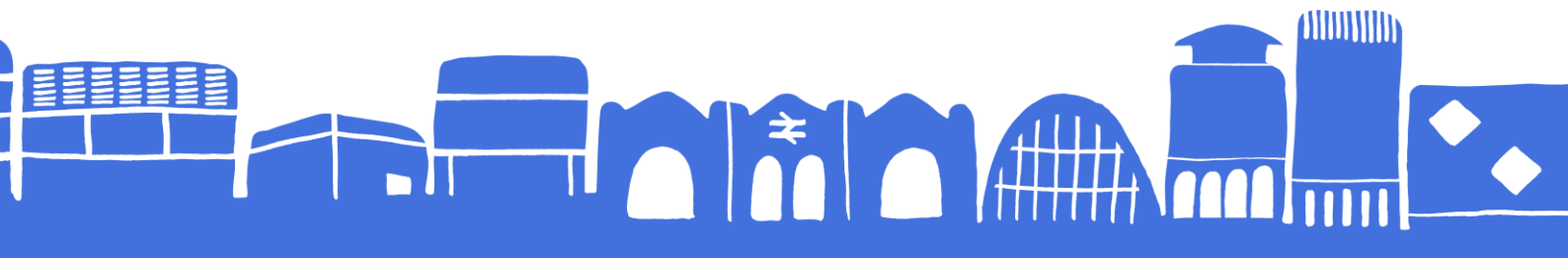


Help with the website

If you are not used to websites or technology we may be able to help. Get in touch below to find out more.

If you need help with anything you can get in touch with us on mhguide@sheffieldflourish.co.uk or by calling 0114 273 7009.

We will try to get back to you within a week.



SHEFFIELD FLOURISH

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Thank you!

A big thank you to [BTM](#) for helping us make this information more accessible by sharing this with people with learning disabilities and feeding back to us.

Thank you also to Leeds and York Partnership Foundation Trust for the Easy Read symbols, copyright © LYPFT.

And thank you to the other charities who also gave their feedback!

