

# All In Your Head Support Programme

If you or someone you know has ever suffered from mental health problems or are looking for a wider understanding of them, this is the help you need!

The All In Your Head support programme is designed to maintain a motivated, positive and different outlook on every day living when suffering with your mind.

With the help and support of myself and other members, we will create daily, weekly and life changing goals to get your mind back in shape!

The weekly 'Catch up's' will be starting from the beginning of February 2017.

Call me, Keeley on 07710 593 329 for more information on the programme and how you can become a member!

## ABOUT ME

My name is Keeley, and since I can remember I have suffered from Anxiety and Panic Disorder. Through the years I have looked for answers, help and support to try and maintain a comfortable life. Now having my very own family, I have discovered that the best form of Therapy is to reach out, share your experience, never be ashamed and to support others that are also suffering. Your mind is a very powerful thing...

Becoming a member on the support group will allow you or your loved ones to share what you have been through, have constant support and let you know that you are not alone.

Not only will you be a part of a fantastic support group, you will gain friends, and learn ways of creating the life that you desire!



## THE 'CATCH UPS'

These are held weekly/twice weekly for members to come along and set new goals, gain valuable tips and advice and to socialise with others in very similar positions.

At your first catch up you will receive your very own diary to make notes of your goals and tips you may have learned.

Each visit is £4 with tea/coffee, water and biscuits provided.

They will be 1 hour long and you may stay as long as you like!

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