

# Active Monitoring



## What is Active Monitoring?

Active Monitoring is an early intervention service which uses guided self-help tools to support your mental wellbeing. It involves 6 sessions with a trained practitioner to look at what support you need and develop a wellbeing toolkit.

## How does it work?

After a simple assessment to see if the service is appropriate for you, our trained practitioners will hold up to 6 weekly one-to-one sessions with you, via online video calls, telephone calls or face-to-face in local community venues.



## How will it help me?

You will select a pathway to support your mental wellbeing. From these pathways, your practitioner will support you to try a range of self-help tools to help you stay well and put together a toolkit of resources that work best for you. Your practitioner will support you to do this in your weekly sessions.

**Pathways:**  
Anxiety and panic attacks  
Low mood  
Low self-esteem  
Stress  
Feeling alone  
Managing anger  
Grief and loss

## Who is it for?

Residents of Leicestershire (unfortunately this is not currently available in Leicester City or Rutland), who are over the age of 18, and are starting to struggle with their mental health.

For more information, or to refer yourself,  
visit our website:  
[www.llrmind.org](http://www.llrmind.org)

