

## Leeds Mental Health Lunchtime Forum

We run an informal monthly forum for anyone active in mental health. Contact us for details.

## Consultancy

We advise and support other organisations who want to develop their own information.

## Training

We run regular information sessions about how to use our library, website, and about the other things we do. Please phone to book a place.

## Opening times

We are generally open from **9.30am–5.00pm Monday to Friday** but please phone first to check there's someone here to help you.

**Information for Mental Health** is a project of Leeds Mind, in partnership with Leeds Social Services and Leeds PCTs.

Leeds Mind supports people with mental health problems in a variety of ways. We value the experience and expertise of the people who use our services and we work creatively together on their journey of recovery.

We believe everybody has mental health needs and everyone can recover from mental health problems.

Leeds Mind is affiliated to Mind (The National Association for Mental Health) [www.mind.org.uk](http://www.mind.org.uk)  
For more information about Leeds Mind contact:

**Leeds Mind**  
Grove Villa, 82 Cardigan Road, Leeds LS6 3BJ  
t: 0113 230 7608 • fax 0113 230 7621  
e: [leeds.mind@leedsmind.org.uk](mailto:leeds.mind@leedsmind.org.uk)  
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Company registered in England & Wales 2193270. Registered Charity No.1007625.

[www.mentalhealthleeds.info](http://www.mentalhealthleeds.info)  
LEEDS MENTAL HEALTH DIRECTORY ... on-line

For more information please contact  
**Information for Mental Health**  
26 St Michael's Road  
Headingley, Leeds LS6 3AW  
t: 0113 275 2417  
f: 0113 275 5441  
e: [info@imhleedsmind.org.uk](mailto:info@imhleedsmind.org.uk)  
w: [www.mentalhealthleeds.info](http://www.mentalhealthleeds.info)

## Getting there



### Bus

100 metres from Headingley Lane buses, including 1, 28, 92, 95, 96 and 97.  
5 minutes walk from North Lane for 38 and 91, and from Cardigan Road for 54, 56, 74 and 75.

### Train

10–15 minutes walk from Burley Park railway station on the Leeds-Harrogate line.

### Car

Parking available on the street, but can be very busy.

### Access

One step at back door, Level access inside.  
We regret there is no wheelchair accessible toilet. Women's toilet is up two flights of stairs, men's up one flight.  
Highly accessible website.

**A large print version of this leaflet is available on-line at [www.leedsmind.org.uk](http://www.leedsmind.org.uk)**

# Information for Mental Health

a project of Leeds Mind and Leeds Social Services



For better  
mental health

## Who we are

Information for Mental Health (IMH) is a resource centre for anyone who is involved in mental health in Leeds.

## We aim to

- Help people make informed choices by providing accurate and appropriate information when and where it matters
- Find gaps in information and create ways of filling them – for example: producing directories, leaflets, posters, helping in setting up networks
- Encourage debate around mental health issues, treatments and therapies
- Challenge the stigma and fear that surrounds mental health
- Give examples of good work happening in Leeds and elsewhere

## Equipment

- We have a range of equipment, including a digital camera, computer projector, screen, display boards, TV/video, and a portable induction loop
- All can be borrowed free of charge by any organisation involved in mental health in Leeds – this could be for training events, meetings, conferences or away days
- You can use the internet at IMH for your own research

## Library

- Anybody can join and borrow
- A huge range of resources, including books, poetry, reports, videos, training packs, art books, magazines, audio cassettes, and articles
- Leaflets, audio cassettes and CDs in community languages
- Resources for campaigning, delivering services and policy development
- Up-to-date information on legislation and national and local policy

# Information for Mental Health

There are many approaches to mental health, distress and healing and we reflect that diversity. Among the things we highlight are social factors – such as poverty, racism, sexism and homophobia – that affect our mental health. We believe that mental health is about whole people, and whole lives.

## [www.mentalhealthleeds.info](http://www.mentalhealthleeds.info)

### LEEDS MENTAL HEALTH DIRECTORY...on-line

- The most comprehensive, up-to-date database of projects and organisations in mental health in Leeds
- Can be searched in a number of different ways, including by name, keyword and geographical area
- Online library
- Notes on a selection of key issues
- Links to other organisations and key local and national papers, policies and leaflets
- Accessible to people with a range of sensory and motor impairments

We also publish a number of paper versions of Leeds Mental Health Directory for different groups of people

## Mental health promotion

- We want to challenge stigma and stereotypes associated with mental health, and help promote well-being
- We help with activities that celebrate World Mental Health Day (October 10th)
- We work with the local NHS to produce *Including Us*, a twice-yearly magazine celebrating mental health in Leeds
- We work in support of *All of Us*, Leeds Mental Health Promotion Strategy