

## Don't be alone ...

Our Side by Side service offers you the opportunity to meet others who have had similar experiences who can help you.



**I truly haven't looked back since meeting my volunteer... she has given me the confidence to get back in contact with the 'me' I thought I'd lost for good. I'm enjoying life for the first time in five years!**

**My life has completely changed now... I have so much more confidence. I couldn't have done it without my Mind volunteer**

To find out more or to request an application form (which we can help you fill in if you'd like us to), please visit our website, or give us a call.

[www.swrmind.org.uk](http://www.swrmind.org.uk)

**0845 603 5723**

(local call rate from a landline),  
9 a.m. – 4 p.m., Monday to Friday

**01723 588 008**

9 a.m. – 4 p.m., Monday to Friday

Scarborough, Whitby  
and Ryedale Mind  
PO Box 304, Scarborough,  
North Yorkshire YO11 3YJ

T: 01723 588 008  
0845 603 4723  
e: [info@swrmind.org.uk](mailto:info@swrmind.org.uk)

Mind *info*line 0300 123 3393  
Monday to Friday 9.15am to 5.15pm

Registered charity no. 1133509

*Serving the people of  
Scarborough, Filey  
and Surrounding Villages*

# Side by Side

Working to help you  
where and when  
you need it

*Serving the people of  
Scarborough, Filey  
and Surrounding Villages*

Are you feeling stressed, anxious, or depressed? Are you finding it difficult to cope?

People can feel stressed, anxious and depressed when they become overwhelmed by life's experiences. Common triggers include bereavement, illness, housing problems, divorce, debt, high levels of work-related pressure, a traumatic incident, or the daily pressures that can build up by caring for a family member.

If you are finding it hard to cope with some elements of your life, or with an enduring mental health problem, please remember that it is nothing to be ashamed of. Please do get in touch. We are here to help you.

**My life has completely changed now. I've moved, joined a friendship group and have so much more confidence. I couldn't have done it without Mind**

**Mind have given me my life back... caring, patient, understanding, non-judgemental and practical... Thank you**

**Mind has been a lifeline**



**Pressure was building up at work and then my dad died... everything got too much. Six months later and I'm still off work with depression**



**I feel low most of the time. I used to be full of energy but now I can't even face doing the washing up let alone tackling the mountain of unopened letters; it just seems to get worse...**

Does this sound familiar?

If it does, please do get in touch.

We can provide you with help on a short, medium or longer term basis to tackle the issues in your life that may be preventing you from doing the things you want to do.

Our trained, skilled and caring volunteers and paid staff can help with issues such as low mood, lack of confidence, isolation and loneliness, money problems, housing difficulties and getting out and about.

**SIDE by SIDE provides:**

**Practical support**

Practical help with day to day tasks like arranging and attending appointments, budgeting and sorting mail and shopping for a healthier diet

**Emotional support**

A listening ear can be a real relief. We will listen to you and try to help you cope with, for example, your stress, anxiety, tiredness or lack of motivation

**Social support**

We can help you get out and about. Having someone with you can help you overcome initial anxieties when you are doing something new, or doing things you haven't done for a while

**Information**

We can help you find up to date, reliable information which is essential, particularly if you have a decision to make

**Advocacy**

We can help you speak up for yourself.