

Leicester, Leicestershire and Rutland Talking Therapies




Your menopausal mental health matters


We are here to support you through
your menopause journey

We provide a range of support to thousands of people to help them to improve their mood and find ways to manage. We can support you by providing the tools you need to get life back on track.

**Embrace
Your
Journey**

 vitahealthgroup.co.uk

 0330 094 5595

 Text 'YOU' to 88802

**Scan to
self refer**



Services provided by

Are you experiencing:



Anxiety



Depression



Difficulty sleeping



Mood swings



Brain fog/
memory loss

We provide a range of evidence based talking therapies to help you better navigate this phase of your life and embrace your journey .

Our therapies are available via secure video, text-based therapy, webinar, phone or face to face (one to one or group).

Our easy 3 step approach

01

Self-refer using our website, or by scanning the QR code on this leaflet or by giving us a call.

02

You will be assessed by a friendly member of our team. Together, we will agree the best support for you.

03

A fully qualified therapist will support you throughout your treatment.



Contact us today - it is a FREE and confidential service.



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Making People Better in
Leicester, Leicestershire and Rutland