

Being unwell can affect your mental health

Information for patients

Easy Read



easy read



This booklet uses easy words and pictures.

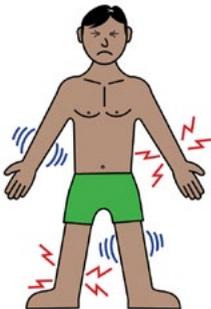
You might want to ask someone to help you read it.

ill



Being unwell can affect your mental health.

aches and pains



Being in pain and not able to do the things you usually do is hard.

worried



job



**worried about
money**

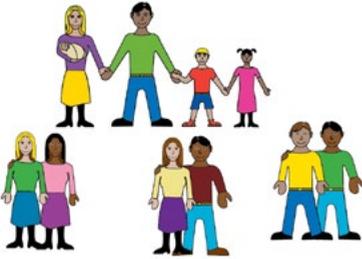


It might make you worry about other parts of your life to, like:

Your job

If you have enough money

relationships



Your family and friends

talk to



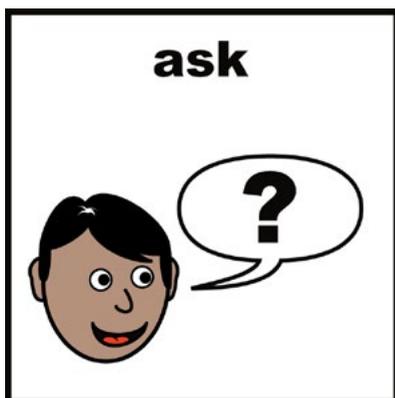
Help is available. Please talk to someone

MindWell



There is support available on this website

www.mindwell-leeds.org.uk



If you have a Learning Disability or Autism diagnosis please complete a Health Passport and return it to the Learning Disability and Autism team on: leedsth-tr.l autism@nhs.net

If you have any questions, please speak to your team.



What did you think of your care?

Scan or click QR code, or visit [bit.ly/nhs leeds fft](https://bit.ly/nhs_leeds_fft)

Your views matter

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