



YOUR JOURNEY  
STARTS HERE...



# Let's get going...

Ready for a wellbeing boost towards more positive mental health?

We've taken our 'best bits' from the past 30 years and combined them with our digital lockdown learning to offer not just your first steps to positive mental health but a steady and trusted hand for your entire journey.

So check out how Chapter can best support your journey, wherever you're starting from, with our new look services.

## TEAM CHAPTER X



My experience with Chapter has been amazing. Friends that I've spoken to have said things like

'I can't believe it, we're seeing glimmers of the old you that we know and love.'

But all I've done is join Chapter.



# ASPIRE

6-8 sessions  
weekly/  
fortnightly

Aspire is a future-focussed, **one-to-one support** service for people experiencing or in recovery from **mental ill-health**.



## Who is it for?

- Aged 18+
- Experiencing mental ill-health
- In need of coaching to support your recovery



## What to expect...

- Support to identify positive health & wellbeing goals
- Help to develop tools and techniques to work towards your goals
- Confidence-building, self-esteem and self-belief
- Empowerment to manage your recovery journey and maintain mental wellbeing beyond Chapter.

## How do I get started?

Complete an online referral  
[www.chaptermentalhealth.org/referrals](http://www.chaptermentalhealth.org/referrals)



Chapter accepts self-referrals and referrals from professionals working with individuals affected by mental ill-health.

# CONNECT

6-8 sessions  
weekly/  
fortnightly

Connect is a **listening service** for people experiencing **mild to moderate** mental health symptoms.

## Who is it for?

- Aged 18+
- Experiencing mental ill-health
- In need of a friendly ear



## What to expect...

- Encouragement to maintain or improve your wellbeing
- A regular call with a named team member
- Support to implement coping strategies
- Help to combat loneliness and isolation
- Empowerment maintain your mental wellbeing beyond Chapter

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# RE:SET

6 workshops  
weekly  
group coaching

RE:SET wellbeing workshops are for people experiencing mild to moderate mental health symptoms, to get life back on-track.



## Who is it for?

- Aged 18+
- Experiencing mental ill-health
- In need of a toolkit to support your recovery



## What to expect...

- Manage behaviours that may be fuelling anxiety
- Understand negative thinking styles
- Boost wellbeing through lifestyle choices
- Build resilience and self-esteem
- Create meaningful goals for the future

## How do I get started?

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Chapter accepts self-referrals and referrals from professionals working with individuals affected by mental ill-health.

# BELONG



BELONG is Chapter's **group activity** basecamp. It's a place where you can try out new things in a **safe and friendly** space, **meet new people** and really be part of something. All of our activities are based around the **5 Steps To Wellbeing** to ensure you get a well-deserved wellbeing boost too.

## The 5 Steps To Wellbeing

1. Be Active
2. Connect
3. Take Notice
4. Give
5. Keep Learning



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## Who is it for?

- Age 18+
- Experiencing mental ill-health
- Ready to engage with others



Alone we can do so little.  
Together, we can do so much.  
- Helen Keller

## What to expect...

- Confidence building, self-esteem and self-belief
- Support to build new skills
- Connection and developing your social network
- Empowerment to enhance your wellbeing in new ways

## What's on offer?

BELONG covers a wide range of activities. Check out our website and social media for the latest updates. Where possible, activities will be delivered in person in the local community.

## Example activities...

Coffee mornings, local walks, board game club  
gardening, photography club, creative writing

### How do I get started?

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[chaptermentalhealth.org/services](http://chaptermentalhealth.org/services)

# DISCOVER MORE

[chaptermentalhealth.org/services](https://chaptermentalhealth.org/services)

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**chapter**

POSITIVE ABOUT MENTAL HEALTH

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