

Welcome to the Men's Mental Health and Wellbeing Service

Hello my name is Russ Giles.

I'm the mental health and wellbeing coach for Armley, supporting men who want to improve their mental wellbeing and need some one-to-one support to help them overcome loneliness and isolation, low mood or negative thoughts that they might be having.

I was born and brought up in Armley - I went to school at Castleton, Armley Middle and West Leeds Boys High School and I have lived in and around the local area for most of my life since.

In my younger days I played rugby league for West Leeds but nowadays I'm more into mountain biking and camping, music and festivals and I do the odd bit of gardening too.

I'm here to help support men who maybe find that they are struggling at the moment and could do with some help to get back into a positive frame of mind.

Please take a look at the information below and if you think I can help you then call or text me on 07825877134 or email rus.giles@nhs.net or Speak to your GPs reception and ask to be referred.

Russ

What is mental health and wellbeing coaching?

Coaching is different for everybody because it is based on what you as an individual needs and wants to achieve. We work together to set some realistic goals that you will work towards with my support. I can also help you to find out what other help and services are available locally.

Some of the goals that individuals set themselves include:

- Building confidence to go out of the house and use public transport
- Budgeting and managing bills
- Maintaining accommodation
- Healthy eating and exercise
- Returning to a favourite hobby like fishing or snooker

Your goals can be anything that you like - some people simply want to go out for a coffee and a chat so they can build up their confidence and have a break from being at home.

How is the service delivered?

This new service has been set up to help men to get one-to-one personal support. This is a confidential service and it is your choice whether to tell friends or family that you are getting this help.

Once your doctor has referred you to me, I will make contact with you by phone or text. We will then arrange to meet - if you are confident to go outside then this can be at a park, coffee shop or

your doctors surgery, anywhere where you feel comfortable. If you don't think you can leave your house then we can talk about whether I can visit you at home.

At our first meeting, we will spend time getting to know each other and I will ask you about your current situation - where you're living, if you're working and how you feel in general. This is a great way to get to know each other and to help you feel more confident.

At our next meeting we might start to discuss what your goals are and when you'd like to try to reach your goals by. There is no right or wrong answer - it really is about you and what you want to achieve.

How do I access the service?

As a patient at this practice, you can use this service for free. In order to access the service, you will have an assessment with your doctor (GP) or nurse to help us understand if this is the right service for you.

Why does Armley have this service?

We know that in Armley, more men have serious mental health problems than in other parts of Leeds. There is also lots of evidence that men may not ask for help or may wait until their problems are really severe before contacting their doctor or someone else who can help them. We have introduced this service to help men to find support sooner so they have the best chance of getting back into a positive frame of mind.
