



STEPS

Making a lasting difference to people experiencing mental health issues

Did you know that one in four people experiences mental health problems at some point in their life? That is why our STEPS service is so important. We work with people from Nottingham's Black, Asian, Minority Ethnic and Refugee communities, supporting them through periods of mental ill health.

Members of the **STEPS** team are drawn from Nottingham's diverse communities, languages and cultures and have extensive knowledge of services that can make a positive difference and help you get your life back on track. We also tackle the stigma that people sometimes attach to mental ill health.

We can:

- connect you with services that will support you on your journey to improved mental and physical health and independence
- help you recognise potential problems early and prevent them happening again
- signpost you to practical support with housing, money, health, education and training
- help you register with a Nottingham City GP

If you or someone you know could benefit from the **STEPS** service, or to find out more, please call us today on **020 3535 5244**.

