

## Our Vision

Our vision is of a sustainable, socially inclusive and compassionate community that enables people to recover and develop positive mental health and well-being for all.

## Our purpose

Our purpose is to meet the needs and ambitions of people with experience of mental distress, to empower in making choices that will improve health and emotional well-being and lead towards a personal and continuing recovery journey.

## Our Mission

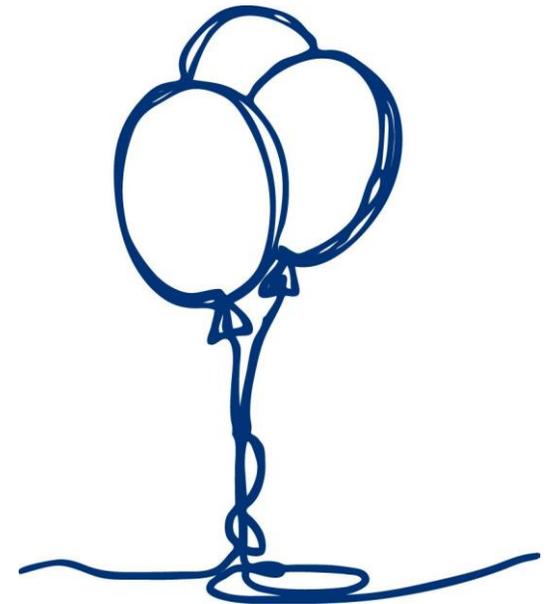
To create a community where mental health is seen as being an integral part of being human.



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# Active Monitoring



Brecon and District Mind is a registered charity - No. 1145211

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## Background of the Project

Active Monitoring provides support to people who visit their GP with symptoms of common emotional health needs including stress, anxiety and depression.

The service aims to increase your wellbeing, self-esteem and confidence, and reduce your likelihood of needing to access further support relating to your emotional wellbeing.

## Details of the project

We can offer one-to-one support for up to 8 weeks to improve your emotional and mental health and to help you make positive choices in your life.

We will work with you to help you understand your symptoms and give you some handy hints and tips so that you can help yourself feel better.

## Why we do this

Many people currently wait for mental health symptoms to pass or wait to access support services.

We want people to get help immediately rather than wait to get help, or for things to get worse.

We believe that early Interventions are far more effective than waiting, and that prevention is better than allowing things to linger.



## Our Goals

Working locally within the communities of Brecon and District we aim to empower people by.....

Staying Well

Connecting People

Community Awareness and Prevention

Recovery

Participation and Fairness