

Problems at home or in your community making you feel ill or stressed out ?

Being in conflict with other people can be very challenging and have a negative impact on our lives in many ways: we might find we can't sleep, it might affect our mental health and it might be making existing health conditions worse.



Speak to a MESH Expert who is experienced in working with disputes and disagreements, and can help you move forward to a calmer, more harmonious life



Confidential 1-2-1 sessions to help support you through difficult times



Gain a 'tool box' of communication skills with the help of MESH that might stop these disagreements from happening. And if they do, give you positive and respectful ways of tackling them

If you think speaking in confidence to someone from MESH could be useful for you, please **contact MESH on 0114 241 2771** to discuss this further.