

Dear «Salutation»,

This is just a note to see how you are getting on. We hope things are going well for you and if so, that they will continue to do so.

We hope that if you made contact with any of the organisations on the leaflet we previously sent you, you found them helpful.

With best wishes,

*Clinical Researcher*

*On behalf of the research team at the University of Manchester and Manchester Mental Health and Social Care Trust*