

# HOW THE HEALTH AND WELLBEING SERVICE CAN HELP

## SUPPORTING LIFE CHANGES ...

Tailored to a persons needs.  
Support to achieve goals for your own health & wellbeing.  
Anyone can self- refer in to the service, speak to the reception team.

## MENTAL HEALTH ...

- Depression
- Anxiety / Panic Attacks
- Low Confidence / Self-Belief
- Low Esteem`



## LONG TERM CONDITIONS...

- Dietary support
- Lack of motivation
- Conditions can include: Diabetes, Blood Pressure, Respiratory and Heart Conditions

## NEW DIAGNOSIS...

- Coming to terms with diagnosis
- Supporting through change
- Impacts of mental health
- Creating positive behaviours for any changes



## BEREAVEMENT...

- Coming to terms with the loss/change
- How to gain closure
- Managing emotions

## STRESS RELATED ILLNESS .

- Work related
- Life pressures
- New / Expectant Parents
- Family matters



PLEASE ASK TO BE REFERRED TO YOUR HEALTH AND WELLBEING COACH FOR AN INITIAL DISCUSSION