

WHERE CAN WE SUPPORT YOU?

We offer face-to-face support at a variety of community settings or virtually over the phone. Whatever works for you!

HOW CAN YOU ACCESS US?

To talk to a member of our team, simply call us on **01472 325500**.

Alternatively, you can email

wellbeingsservice@nelincs.gov.uk and we will arrange for one of our Wellbeing Workers to call you.



ARE YOU OK?

No, really... Are you?



**Sometimes,
when you have
a lot going on
in life, it can
be difficult
working out
where to start.**

**The Wellbeing
Service are
here to help.**



WHO ARE WE?

We are a team of wellbeing workers and practitioners who offer a FREE wellbeing support service to all North East Lincolnshire residents.

WHAT DO WE DO?

We will work with you to help you set wellbeing goals in your life and will give you lots of support to smash those goals!

You'll be allocated a Wellbeing Worker who will give you the time and space to talk and support you with:

- Low mood
- Anxiety
- Stress management
- Daily routines or finding focus in life
- Confidence & self-esteem
- Healthy eating & physical activity
- Stop smoking
- Or any wider wellbeing challenges that can affect your emotional & physical wellbeing such as relationship issues