

What is the Wellbeing service?

Wellbeing offers a range of free and confidential support to help people make changes to improve their wellbeing and to help them cope with common mental health and emotional issues such as low mood, stress, anxiety and depression.

Our service is for people who are 16 years or over. You can contact us by phone 0300 123 1503 or via our website: www.wellbeingnands.co.uk

How can the service help me?

We work with you to help you make the necessary changes to improve your wellbeing and quality of life.

For most of us, there are times in our lives when we can feel stressed, anxious, depressed, overwhelmed, out of control, confused or simply cannot cope.

Sometimes these feelings become so overwhelming that they affect our daily lives and stop us doing the things we enjoy. They can make us feel that no-one understands us and that nothing can be done.

We do this by offering a whole range of services and activities so that people can be supported to find out what is best for them. These include:

- Self-help advice
- One-to-one talking therapies
- Workshops and courses
- Relationship counselling for couples, individuals and families
- Help to access peer support and social groups
- Help to find other support for issues affecting your wellbeing such as debt, housing, employment



Business Reply Plus
Licence Number
RTUH-UYBY-SGGS

Wellbeing Service
The Conifers
Helleston Hospital
Drayton High Road
Norwich
NR6 5BE



wellbeing
Helping you live your life

NHS
iapt
Improving Access to
Psychological Therapies

overwhelmed? low? stressed? anxious?

If you are troubled by any of these things, or know someone who is, we are here to help with a range of free and confidential support

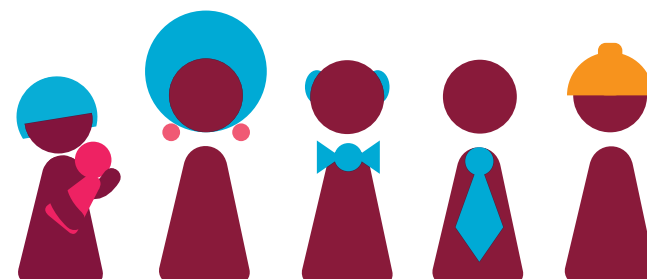
Call us on: 0300 123 1503
www.wellbeingnands.co.uk

 **WellbeingNandW**

 **@WellbeingNandW**

 **@wellbeinginsuffolk**

 **@Wellbeing_Suff**



To get in touch with us for support, just fill in your details below, seal and put in the post.

Your name:

Your date of birth:

Your address:

Postcode:

Your email address:

Your daytime phone number:

How would you prefer us to contact you? (tick one as appropriate)

Phone Email Post

Is it OK to leave a voice message? Yes No

Name of your GP:

Address of your GP:

Where did you hear about us?

How the Wellbeing service has helped others

"The stress control workshops helped me to know I'm not alone in feeling the way I do."

"I found the workshop really helpful and it has given me the tools to manage and rebuild my wellbeing."

"The staff I have worked with are pleasant, approachable and kind."

This service is not for crisis or emergency situations. If you feel you are in crisis, experiencing feelings of despair or are suicidal, contact The Samaritans at any time on **116 123** or visit **www.samaritans.org**
If you need an emergency service dial **999**.

Wellbeing Norfolk and Waveney and Wellbeing Suffolk are partnerships of NHS and voluntary organisations working together to offer a wide range of support for low mood, anxiety and depression.

*Norfolk and Suffolk NHS Foundation Trust • VoiceAbility • Relate Shaw Trust • Suffolk Family Carers • MTCIC • Norfolk and Waveney Mind
We work together to deliver a range of support interventions for people aged 16+ with low mood, anxiety and depression. For more information about who we are see: www.wellbeingnands.co.uk/about*

Wellbeing is commissioned by Norfolk and Waveney, Ipswich and East and West Suffolk Clinical Commissioning Groups.



If you would like this information in large print, audio, Braille, alternative format or a different language, please contact Customer Services and we will do our best to help.

Tel: **01603 421486**

Email: **customer.service@nsft.nhs.uk**

- Relationship counselling for couples, individuals and families
- Courses to help you achieve a better sense of wellbeing, and to manage issues such as stress, worry and insomnia
- Help to access peer support and social groups
- Helping you find other support for issues affecting your wellbeing such as debt, housing, employment

Where can I get support?

Our support is available across Norfolk and Suffolk in many community venues, including most GP Practices.

We offer support face-to-face, over the phone, via video call, instant messaging and via online treatment programmes.

Wellbeing in the Workplace offers specialised support for local employers and their staff too.

How can I get Wellbeing support?

There are a number of ways people can get our help:

- Ask your GP or any other health or social care professional to refer you to our service
- Get in touch yourself via our website www.wellbeingnands.co.uk or by calling us on 0300 123 1503* (people aged 16 and over)
- Ask someone you trust to call on your behalf
- Fill in and tear off the form overleaf and post it to us
- We often hear from friends or relations who are concerned about someone close to them and don't know what to do. We are happy to talk to them to offer some advice

**Depending on your provider call costs from a land line or mobile will vary.*