

ARE YOU SUFFERING WITH A MENTAL HEALTH CONDITION?? Did you know....

We offer **prescription on advice**. If you need help and assistance with benefit maximisation or debt

We can **Liase with Carers**, to ensure you feel supported to manage your condition

For lifestyle advice, weight advice, isolation and support, you can self-refer to the **Health Trainer** on 0800 131 3141

Please see our **social and support board** for numbers and advice to help you live well and to find support within the community