

HOW HEALTH AND WELLBEING SERVICE CAN HELP

SUPPORTING LIFE CHANGES ...

- Tailored to patients needs.
- Support to achieve goals for there health & wellbeing.
- Send a task and we will have a discussion & book in.

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 postive behaviour 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



FREQUENT ATTENDEES...

- May not be able to help clinically
- Encourage the patient to self manage

