

## Lancashire Wellbeing Service – what it does

Our service helps people to deal with the underlying causes that are affecting their ability to manage their health and wellbeing. We want people to feel included in their communities, to be able to live more independently and to enjoy a good quality of life.

### Our team can:

- Work with you for up to 6 sessions to make positive changes in your life
- Provide opportunities that open up other support and social networks such as volunteering, peer networks, community groups
- Provide drop-in facilities in your local communities
- Identify and point you in the direction of relevant services in your community

We're a non-clinical service and don't provide social care services or manage people's long term conditions.

### Who we can help:

Our service is for people aged 18 years or more. People who could benefit from our service are likely to have several underlying issues affecting their ability to have positive mental, social and physical well-being, such as:

- Mild mental health problems (such as low mood, anxiety, stress and mild depression)
- Social Isolation, loneliness, few or poor social networks
- Experiencing difficult circumstances e.g. problems with family, finance, employment
- Struggling to cope/feeling overwhelmed
- Need support in relation to healthy living and developing a healthier lifestyle, through understanding and adapting behaviour

If you think you could benefit from the service and are experiencing any of the above ask your GP, practice nurse, social worker or local support service to refer you. Or phone the Lancashire County Council Customer Access Service on 0303 333 1111.