

Are you currently supporting a resident in the Huddersfield, Batley, Birstall or Birkenshaw area, who would like some support to improve their Well-being?

Do you feel that they would benefit from additional support?

Are they ready to make changes, but not sure where to start?

The Trust Well-Being Service provides a personalised support service to ensure people with lower mental health issues are given the help they need to continue to engage in employment, training, and volunteering services.

Working with a Well-being Advisor they will receive holistic support consisting of mentoring, information, advice, and guidance to achieve their goals such as:

- Learning strategies to manage stress, anxiety, and other mental health conditions
- Support to adopt a healthier lifestyle
- Support to overcome barriers affecting everyday life
- Liaising with mainstream health and voluntary services to ensure they receive appropriate help
- Improve resilience, wellbeing and reduce isolation
- Exercise more control and greater stability in their lives

To make a referral and arrange a convenient time for a Well-being advisor to call, please contact:

Anne-Marie on 07578 158120 or email

Annemarie@paddocktrust.org.uk

Or

Molly on 07949 703039 or email Molly@paddocktrust.org.uk