

To get in touch with us for support by post, just fill in your details below, and send it in an envelope, by first or second class post to:

Wellbeing Service, The Conifers, Drayton High Road, Norwich, NR6 5BE

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?



## Contact us



Wellbeing Service, The Conifers,  
Drayton High Road, Norwich, NR6 5BE



[www.wellbeingnands.co.uk](http://www.wellbeingnands.co.uk)



0300 123 1503



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If you would like this information in large print, audio, Braille, alternative format

or a different language, please contact the Patient Advice and Liaison Service (PALS) and we will do our best to help.

Email [PALS@nsft.nhs.uk](mailto:PALS@nsft.nhs.uk)

or call PALS Freephone **0800 279 7257**

*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
- Suffolk Young People's Health Project (4YP) • Relate
- Noise Solution • Shaw Trust • Suffolk Family Carers
- MTCIC • Great Yarmouth and Waveney Mind
- Norwich and Central Norfolk Mind • West Norfolk Mind

*We work together to deliver a range of support interventions for people of all ages with low mood, anxiety and depression. For more information about who we are see: [www.wellbeingnands.co.uk/about](http://www.wellbeingnands.co.uk/about)*

*Wellbeing is commissioned by Great Yarmouth and Waveney, North Norfolk, Norwich, South Norfolk, West Norfolk, Ipswich and East and West Suffolk Clinical Commissioning Groups.*

**wellbeing**

**NHS**

Helping you live your life

# 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](http://www.wellbeingnands.co.uk)**



**WellbeingNandW**



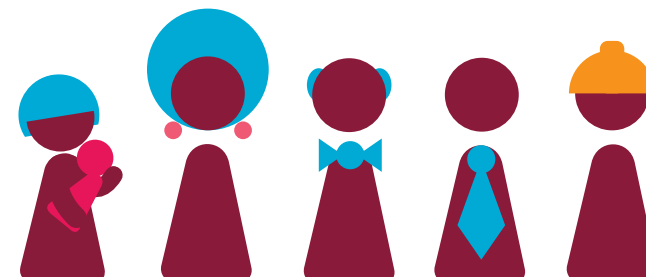
**@WellbeingNandW**



**WellbeingSuffolk**



**@Wellbeing\_Suff**



## 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, for people who are 16 years or over, can contact us by phone 0300 123 1503 or via our website: [www.wellbeingnands.co.uk](http://www.wellbeingnands.co.uk)

If you are aged 15 and under and living in Suffolk please contact your GP or other health or care professional who can support you to be referred to our service.

## 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, or stop us just 'living our lives'. They can make us feel that no-one understands us and that nothing can be done.

Wellbeing has helped many people who have said they feel just like this.

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:

- One-to-one support
- Self-help advice
- Services for young people
- Workshops and group sessions

- 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 right across Norfolk and Suffolk in places such as GP practices, schools, further education colleges, and community buildings.

We also offer some support over the phone and / or online.

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 their GP or any other health or social care professional to refer them to our service
- Get in touch themselves via our website [www.wellbeingnands.co.uk](http://www.wellbeingnands.co.uk) or by calling us on **0300 123 1503\*** (people aged 16 and over)
- Ask someone they trust to call on their 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 general advice

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

## 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](http://www.samaritans.org)

If you need an emergency service dial **999**.