

USEFUL INFORMATION FOR RESIDENTS IN YOUR AREA LANCASHIRE WELLBEING SERVICE

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

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

Who we can help:

Our service is for people aged 18 years or more who are at risk of an emergency hospital admission or needing input from social care. 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 people could benefit from the service and are experiencing any of the above, please speak to them about making a referral. To access the service ring the council's Customer Access Centre advice and information line on 0303 333 1111 or e-mail info@lancswellbeing.co.uk Referrals will be made into the Lancashire Wellbeing Service by our staff where this is assessed to be the best option, and other support given as appropriate