

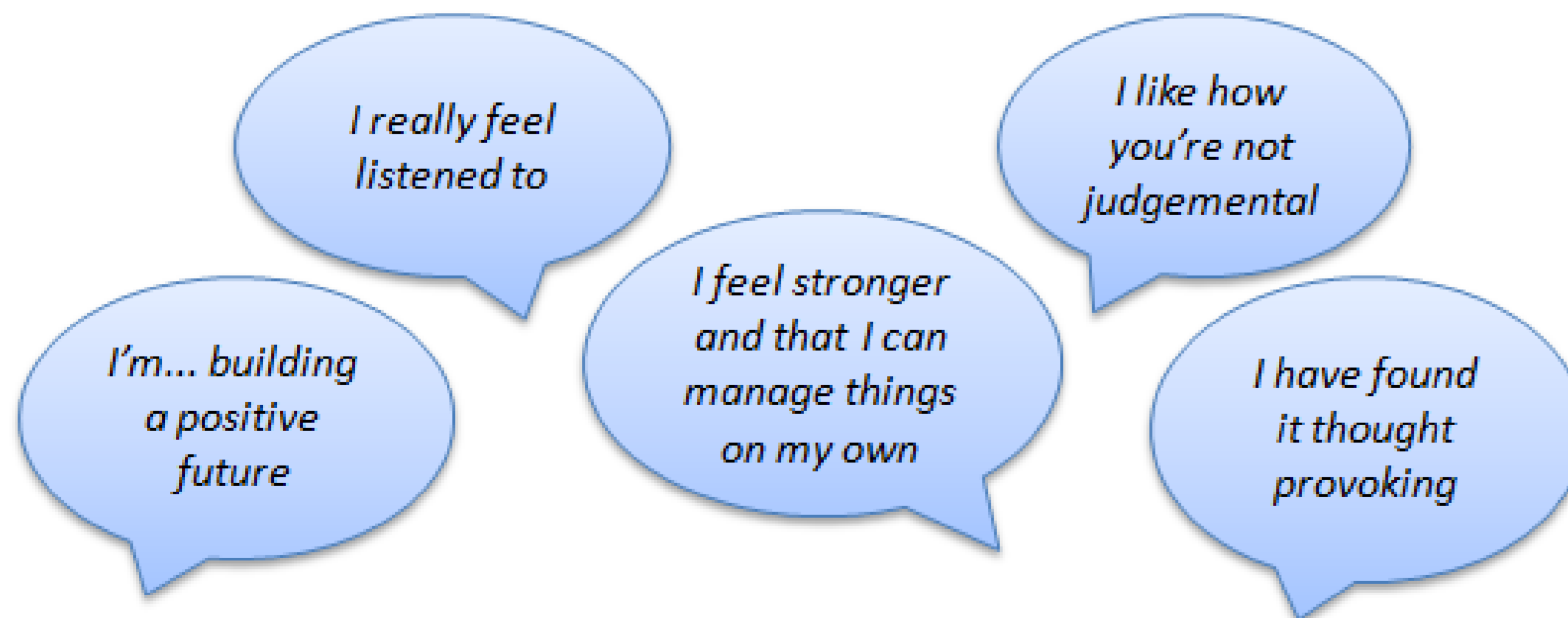


## Your doctor is not the only person who can help you feel better

We recognise that many things affect your health and wellbeing. Our aim is to support you to have more control of your own health and wellbeing and to manage your needs in a way that suits you

Your Link Worker can:

- **Support** you to identify what you would like to be different
- Explore your **strengths** to find **solutions** to make that change
  - Set small and **achievable** personal **goals**
  - Help you build up **motivation** and **confidence**
  - Work together to develop new **coping strategies**
- **Connect** you with people, activities, groups & opportunities in your area



If you are **over the age of 18** and feel you would benefit from some support, then **speak to the reception staff** at your GP practice

One of our Link Workers will then **contact you** to say hello and **arrange an appointment**

We take time to focus on what matters to you