



"The process has been very simple, easily managed, flexible and reassuring" - Patient

We also work with the mental health charity mind in Berkshire (mind focus specifically on supporting mental health needs), and depending on your needs we may offer you an assessment with either our in house Advisors, or our mind Wellbeing Worker.



"Very helpful information at the right time which kept me going and gave me hope." - Patient

"I have now started exercising willingly... feel so much more confident in myself that I have joined a new craft class. Altogether I feel very comfortable within myself and it is as if I have the "old" me back again." - Patient



Health & Wellbeing Service
Helping you get back on track



Our Health & Wellbeing Service

We understand that life can be hard and often things happen beyond our control which negatively impacts on a person's sense of wellbeing. We know that not everything can be fixed by medicine and many other factors influence a person's sense of wellbeing, so it's key that patients find the appropriate support to help them regain control and take responsibility for their own health and wellbeing.

Our Advisors work with our patients who need some coaching and support in a whole range of areas including:

- improving mental and physical wellbeing
- feeling lonely or socially isolated
- lifestyle changes including diet and exercise
- help and support with practical issues
- financial and employment difficulties

What we offer

We offer an initial appointment (face to face, video or telephone) to discuss your situation further and make an action plan together to help you move forwards.

We are trained to help patients make choices, and are equipped to make positive changes in their lives using manageable and realistic steps and goal setting.

We also offer further support for up to 6 sessions to help you keep on track...



What does our help look like?

We can:

- work with you to help you identify and achieve your goals - small changes that can make a big difference!
- equip you with a wide range of resources
- link you to community groups, activities and support
- connect you to specialist organisations and services in the area

I'm interested, what next?

You can ask to be referred to our team in your next appointment, or complete an eConsult requesting more information and we'll be in touch to arrange a convenient first session

Our friendly team are here to help

"My Advisor helped me tackle issues one by one" - Patient

