

Signposting- Mental Health

- **Worcestershire Wellbeing Hub**
 - An information and signposting service for adults who are experiencing low mood, anxiety or stress
 - T: 01905 766124
 - E: whcnhs.wellbeinghub@nhs.net
 - W: www.hacw.nhs.uk/wellbeinghub
- **Worcestershire Healthy Minds**
 - Supports adults who are experiencing problems such as stress, anxiety and low mood (GP referral or self-refer through the website or call the wellbeing hub)
 - W: <http://www.hacw.nhs.uk/our-services/healthy-minds/>
- **Your Life Your Choice**
- **Moodmaster Courses**
- **The Little Book of Mental Health**
- **Books on Prescription**



Signposting- Smoking

- **Stop Smoking Support- pregnant women**
 - Stopping smoking services are available to support pregnant women to quit, visit Your Life Your Choice for more information <http://ylc.worcestershire.gov.uk/>
- **NHS Smokefree**
 - Resources such as quit kits, apps or supportive text messages
 - T: 0300 123 1044
 - W: <http://www.nhs.uk/smokefree/>
 - Advice on quitting using e-cigarettes can be found on the NHS Smokefree website; <https://www.nhs.uk/smokefree/help-and-advice/e-cigarettes>
- **Pharmacies**
 - Nicotine Replacement Therapy is available to purchase over the counter in local pharmacies
- **Your Life Your Choice**



Your Life
your choice
WORCESTERSHIRE

Signposting- Alcohol

- [AUDIT C](#) Self assessment of alcohol consumption

- [Your Life Your Choice](#)



- [drinkaware](#)



- [One You – ‘Drinking’](#)

- [Swanswell Recovery Partnership](#)

- Swanswell can provide medical support directly or in partnership with GPs through one-to-one and group support.

- E: worcsadmin@swanswell.org

- T: 0300 303 8200

- [AA & Al Anon](#)



Signposting: Healthy Weight

- [Living Well Service](#)

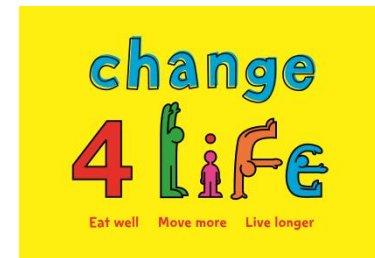
- Supports individuals and families to make healthy lifestyle changes
- T: 01905 675850
- E: Livingwellhub@independencetrust.co.uk
- W: <http://independencetrust.co.uk/well>



- [Your Life, Your Choice](#)

- [One You; Eating](#)

- [Change4Life](#)



Signposting- Physical activity

- [Herefordshire and Worcestershire Sports Partnership](#)

- Find local clubs, activities, groups
- W: <http://www.sportspartnershiphw.co.uk/>
- E: sphw@worc.ac.uk
- T: 01905 855498



- [Health Walks](#)

- Worcestershire health walks led by friendly, trained volunteers. Walks are short, over easy terrain, and are open to everyone.

- W: <http://www.walkingforhealth.org.uk/>

- W: www.worcestershire.gov.uk

- [One You Active 10 app](#)

- Local District Councils for leisure providers



Signposting- Healthy Ageing

- **Falls prevention: [Strength and Balance classes](#)**
 - Sports Partnership Herefordshire & Worcestershire
 - 01905 855498 or email PSI@worc.ac.uk
- **Reducing Social Isolation, Your Life Your Choice website <http://ylyc.worcestershire.gov.uk>**
(Loneliness & Isolation pages)
- **Living Well with Dementia**
 - Age UK Dementia Advisers 0800 008 6077 dementiaadvice@ageukhw.org.uk
- **Dementia Support - Memory Cafes, Singing for the Brain**
 - <https://www.alzheimers.org.uk> 0300 222 11 22
- **Fuel poverty**
 - Warmer Worcestershire www.warmerworcestershire.com
 - [Act on Energy](#) to check eligibility for free or discounted insulation and access free training for front line staff
 - Contact 0800 988 2881

