



**Positive  
Pathways  
Supporting you  
to make choices  
and manage your  
wellbeing**

Our physical health and social situation can affect our wellbeing. Sometimes we all need some practical or emotional support to help us to cope. Our Wellbeing Navigators can connect you to resources in the community. That may be for social activities, peer support, employment, debt management, housing, benefits - and many other opportunities based on your interests and needs.

 **mind**  
Thurrock  
and Brentwood

# What we offer

It all starts with a conversation about what matters to you and what could help you to stay well. Contact can be by phone, video or in person.

Together with your Wellbeing Navigator, you create a plan with clear next steps. They can provide information and link you with opportunities and support locally. They check in with you regularly to see how you are progressing and together you can overcome any challenges.

Everyone is different and works at their own pace, you may just want to meet once or for up to 6 weeks.

So a professional can refer you to Positive Pathways if you are:

- aged 18 or over
- experiencing or have history of mental health issues
- registered with a GP in Thurrock, Basildon, Brentwood, Billericay or Wickford.

Five Ways to Wellbeing:  
Connect  
Be Active  
Keep Learning  
Take Notice  
Give  
Tel: 01375 391411

## Professional referral to:

epunft.thurrockpositivepathway@nhs.net  
or  
epunft.bbpositivepathway@nhs.net

[www.tbmind.org.uk](http://www.tbmind.org.uk)

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