

# Aberdeenshire Mental Health Improvement & Wellbeing Service

Get free mental  
health  
improvement  
and wellbeing  
support from a  
dedicated team  
of professionals

SCAN ME



Confidential  
No judgement  
1:1 support for  
Aberdeenshire  
residents (16+)  
01224 557400  
and leave a message

[www.nhsgrampian.org/mhiws-aberdeenshire](http://www.nhsgrampian.org/mhiws-aberdeenshire)



- Your lifestyle
- Looking after yourself
- Managing symptoms
- Work, volunteering & other activities
- Money
- Where you live
- Family & Friends
- Feeling positive

SCAN ME



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