

Midlothian Wellbeing Service

**Supporting adults impacted
by long term conditions,
long covid, challenging
life situations, anxiety,
depression or bereavement**



Our aim is to increase individual resilience and self-efficacy using:

- 1-1 coaching utilising a Good Conversations approach
- Group-based Lifestyle Management courses
- Mindfulness courses
- Social prescribing
- Encouraging peer support

Wellbeing support is available to every GP Practice in Midlothian

How to refer:

Email: loth.wellbeingmidlothhscp@nhslothian.scot.nhs.uk

Include:

- person's name
- CHI number
- person's address and postcode
- telephone number (mobile preferred)
- GP practice
- What *the person* is hoping to be better/different from working with a wellbeing practitioner