

wellbeing

Helping you live your life

We offer a range of free and confidential support to people of all ages in Suffolk to help you make changes to improve your wellbeing and to help you cope with stress, anxiety or depression

- Get support via your GP, health or social care professional
- People aged 16 and over can also contact us directly by phone or via our website

Call 0300 123 1781

www.wellbeingsuffolk.co.uk

 **WellbeingSuffolk**

 **@Wellbeing_Suff**

Wellbeing Suffolk is provided by Norfolk and Suffolk NHS FT working in partnership with a number of third sector organisations. We work together to deliver a range of support interventions for people of all ages with low mood, anxiety and depression. For information about who we are see: www.wellbeingsuffolk.co.uk/about

Wellbeing Suffolk is commissioned by Ipswich & East and West Suffolk Clinical Commissioning Groups