



# We are inviting local people with an Armed Forces connection to engage with our team of Link Workers, Health & Wellbeing Coaches & Care Coordinators

## We can support you to...

- Identify what is affecting your well-being and how you would like things to be different.
  - Build knowledge, motivation and confidence to make changes.
- Set and achieve personal goals to improve your well-being
- Connect with people, activities, groups and opportunities in your area.
- Develop strategies for managing your mental and/or physical health conditions.
- Navigate/coordinate your support if multiple services are involved



**If you are 18+, have an Armed Forces connection and feel you can benefit from our support, please get in touch.**



**CALL US NOW ON  
0191 4324582**

