

Don't forget the 5 ways to Wellbeing:

Connect...with those around you.

Be active...find an activity you enjoy.

Take notice...reflect on your experiences.

Keep learning...try something new.

Give...volunteer your time, do something for someone else.



For those who need an interpreter one can be made available. We can also provide information in a range of languages.

This document is also available in large print, Braille, and audio format upon request. Please email:

communications.cnwl@nhs.net

Westminster Wellbeing Team

How to contact us:

Telephone: **020 7854 4243**

Mobile: **07718 694 269**

(text or phone and we will reply)

E-mail: westminster.wellbeing@nhs.net

Westminster Wellbeing Service
190 Vauxhall Bridge Road, 1st floor
London SW1V 1DX
T: 020 7854 4243
E: westminster.wellbeing@nhs.net

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London NHS Foundation Trust
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**Westminster
Wellbeing Service**



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**Westminster
Wellbeing Service**



**Free NHS support
and information
service**

Healthy Mind, Healthy Life

Do you live,
work or
study in
Westminster?

Would you like...

- A one to one discussion about your emotional health and wellbeing
- Access to information sessions and workshops on wellbeing
- Invitations to local wellbeing events
- Information about local organisations and activities
- Self help leaflets
- Emotional wellbeing checks
- join in our relaxation sessions



Do something for
yourself today

Westminster Wellbeing Service

Would you like support?

To find out more about looking after your wellbeing and accessing local activities, organisations and support, call in to our open-access information sessions on Wednesdays 9-11:30 am at:

The Centre for Psychological Wellbeing
192-198 Vauxhall Bridge Road SW1V 1DX.

Or, if you prefer, contact us directly to arrange a suitable appointment time in either the North or South of Westminster.

Please contact us for more information:

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Are you part of an
organisation, service,
community or faith group?

Would you like...

- Staff training on emotional wellbeing and mental health awareness
- Wellbeing promotion materials
- Signposting to local organisations and activities
- Westminster Wellbeing to promote wellbeing at your health promotion event
- Invitations to local wellbeing events
- Information and advice on Equality and Diversity, Faith and Spirituality, Mental Health promotion, anti-stigma projects etc.
- Access to free room space for wellbeing sessions *(subject to availability)*
- To participate in joint work around stigma or mental health

Westminster
Wellbeing Service



Please get in touch!