



Wokingham Wellbeing Service

18 or older, experiencing mild-to-moderate mental health challenges and registered with a Wokingham GP practice?

Oxfordshire Mind Wellbeing Workers are offering one-to-one sessions for people who may be experiencing mental health issues or other social or lifestyle issues that are impacting on their wellbeing.

 mind
Oxfordshire

We are here to support you...

Wellbeing Workers will encourage and enable people to link in with local community support, and develop tools to increase their ability to manage their own wellbeing. They can:

- **Listen to you**, giving you time to speak about what's important to you.
- Offer **time, space and support** for you to work out the positive changes you want to make.
- Tell you about **relevant services, resources and tools** you can access to improve your wellbeing.
- **Support you** to reach your goals.

This service is commissioned by Wokingham Borough Council and available through **all GP practices in Wokingham.**

If you would like to speak to an Oxfordshire Mind Primary Care Wellbeing Worker please contact your GP practice and ask to be referred to the **Wokingham Wellbeing Service.**

"The service was very helpful and I feel like I am in a better place after speaking to you."

- Primary Care Service User

Talk to a Wellbeing Worker

Please contact your GP practice to request a referral

[oxfordshiremind.org.uk](https://www.oxfordshiremind.org.uk)

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