

## 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](mailto:communications.cnwl@nhs.net)

### Westminster Wellbeing Team

How to contact us:

Telephone: **020 7854 4253**

Mobile: **07718 694 269**

*(text or phone and we will reply)*

E-mail: [westminster.wellbeing@nhs.net](mailto:westminster.wellbeing@nhs.net)

**Westminster Wellbeing Service**  
190 Vauxhall Bridge Road, 1st floor  
London SW1V 1DX  
T: 020 7854 4253  
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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
- To join in our wellbeing groups



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:

#### Westminster Wellbeing Service

Phone: **020 7854 4253**

Mobile: **07718 694 269**

Fax: **020 7854 4294**

Email: [westminster.wellbeing@nhs.net](mailto:westminster.wellbeing@nhs.net)



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 Service to promote health at your community 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!