



**Low mood, anxious,
can't sleep, feeling
overwhelmed?**

We can help.

Wokingham Wellbeing Service

Free one-to-one
sessions for people
aged 18 and over
in Wokingham.



**WOKINGHAM
BOROUGH COUNCIL**

 **mind**
in Berkshire

We're here to support you

At Mind in Berkshire, we passionately believe that no one should have to face a mental health or wellbeing challenge on their own.

Our Wellbeing Workers offer free one-to-one sessions which will enable you to put practical things in place that can help you manage everyday stress and wellbeing difficulties.

They can:

- Give you time, space and support to speak about your concerns and help you identify what is important to you.
- Tell you about services, resources and tools you can access to improve your wellbeing.
- Support you to identify goals and encourage you to work towards them.

This service is here for people aged 18 or over in Wokingham. Support is available at all GP practices in Wokingham as well as at the Wokingham Charity and Community Hub, via face-to-face, telephone or video sessions, whichever suits your needs.

‘You have been so kind and patient. I really appreciate all your support.’

Get in touch

You can contact us by filling out an online form here:

Via phone: 01865 247788

Text: 07451 277973

Email: wokinghamwellbeing@mindinberkshire.org.uk

