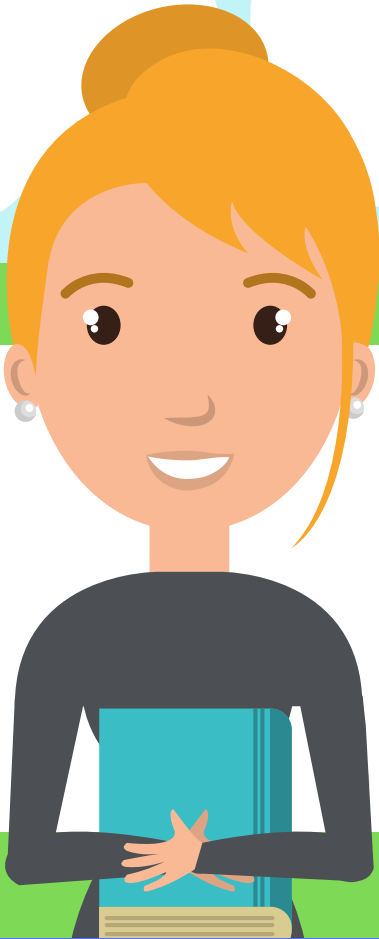




## Wellbeing & Self Care Service

### Who is this service for?

Anyone aged 18+ registered with a Stockport GP who requires support with social issues, such as housing or finances, or a long term health condition, such as anxiety and diabetes.



### What is the service on offer?

1:1 support around issues such as low mood, anxiety or loneliness. The service can support those who are managing a long term health condition such as anxiety or depression or who may need help with issues such as housing or finances. The service can also link you in with groups within your community.

### How do I access the service?

Speak to your GP Receptionist or call Viaduct Care on **0161 204 4675**



[www.viaductcare.org.uk](http://www.viaductcare.org.uk)