



WELLBEING FIRST



Wellbeing First is for anyone who is currently living in a Plus Dane home who wishes to improve their overall mental health and wellbeing.



"I've never felt such warmth, kindness and understanding from a professional before. I would recommend this service to anyone who is struggling because it has helped me so much."


making space
Kind hearted care and support

Plus Dane Housing

Wellbeing First offers one to one support with a dedicated support worker. This can be delivered over the phone or by video call on days/times that are convenient to you, for around 6-8 weeks.

Support is tailored around learning simple techniques based in Cognitive Behavioural Therapy (CBT) to help you to manage feeling low, anxious and overwhelmed, as well as creating a space to talk through what is going on for you.

Many people have felt able to take back control over their mental health and wellbeing after using the Wellbeing First service.

HOW TO CONTACT US

If you are interested in support or would like more information, please contact Plus Dane on:



Engagement&Partnerships@plusdane.co.uk



If you would like this leaflet in a different language or format, please contact:
marketing@makingspace.co.uk

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