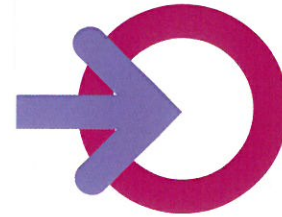


**TURNING
POINT**

inspired by possibility



BLABY BETTER WELLBEING

**Are you struggling with your mental health?
Feeling anxious, low in mood or isolated? Support is available through our Blaby Better Wellbeing service.**

We provide support to adults over the age of 18 who are residents within Blaby District. We offer 1:1 face-to-face appointments where you can meet with a Mental Health Recovery Worker who can teach you practical coping strategies and techniques to help improve your wellbeing, as well as provide you with information about longer term support services.

We also run a virtual group support session every other week where you can receive practical support as well as meet with people who live in your community who are also experiencing similar things.

If you would like to find out more information about our services, or to self refer, please call the Mental Health Central Access Point on 0808 800 3302 or send an email to leicestershire.helpline@turning-point.co.uk.



www.turning-point.co.uk/

Turning Point - Registered Charity 234887
Standon House 21 Mansell Street London E1 8AA
Created in RightMarket - 8/12/2021 - 14:58:25

Blaby District Council
the heart of Leicestershire