

HELPING YOU FIND YOUR WAY TO WELLBEING

NEL Mental Health Support Teams



5 WAYS TO WELLBEING

The NHS advise that there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.



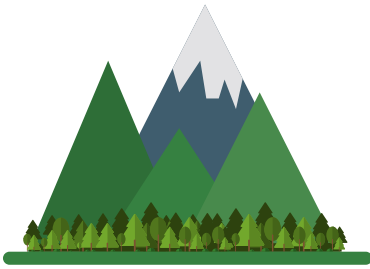
KEEP LEARNING



BE ACTIVE



CONNECT WITH OTHERS



TAKE NOTICE



GIVE

How can you keep learning, be active, connect with others, take notice and give this week?



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