



If you are 16 or over or caring for someone who is, then Community Living Well is a new service that offers you a different kind of support for your mental health needs.

Community Living Well offers easy access to:

- Information on how to look after your mental health and wellbeing including online support
- Local workshops, social and physical activities and one to one support with other people who have had similar experiences to you
- Support to find or keep work, or find volunteering opportunities
- Help with issues such as housing and benefits
- Talking Therapies (IAPT) to help if you are stressed, worried or low in mood. We can also help individuals who are adjusting to having a new baby or those who need help to live with a long term condition
- Support from specialist mental health workers.



www.communitylivingwell.co.uk

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