

# IMPROVING YOUR MENTAL WELLBEING

If you're over the age of 18 and struggling with your mental health or need some support to improve your wellbeing, **we are here to help**

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Receive support from your local Link Worker who will support you with finding the most appropriate local services to **help improve your wellbeing**. In addition, 6 counselling sessions are available to those who need it.

Self-referrals and referrals from third parties and professionals accepted.

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**FOR RESIDENTS OF AUDLEM  
AND WRENBURY 18+**