



Are you looking to make changes
to improve your social, physical
and mental wellbeing?



Live Well Link Well is free and confidential support
of a non-medical nature. We can help you with:

- Healthy living
- Quitting smoking
- Physical and mental wellbeing
- Independent living
- Mobility and equipment
- Home adaptations
- Safety and security
- Looking after someone
- Social Inclusion
- Getting out and about
- Money worries



How do I access the support?

If you are aged over 18 and live in Essex

T: 0300 303 9988

(Monday to Friday from 8am – 7pm)

E: livewell.linkwell@nhs.net