

Well Connected...

Connecting you to opportunities for wellbeing
Well-informed: 0800 073 0918

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North Lanarkshire

What is Well Connected?

Well Connected is a new programme in Lanarkshire, sometimes called social prescribing or community referral.

Well Connected makes it easier to access local opportunities to improve your mental health and well-being.

Who is Well Connected for?

Well Connected is for people who maybe experiencing symptoms of stress and low mood. It is also for people who want to feel better in themselves and in their life.

Well Connected can be the starting point to help improve your mental health and well-being. If you feel that you still need some support in addition to the Well Connected programme, please make an appointment to see your GP.



Well-informed A single number for North Lanarkshire to find out about the local services listed here. Well-informed can also provide support to access services. The first time you go to a service, a Community Link Worker can accompany you to help you.
Freephone: **0800 073 0918**



For further information on mental health and well-being, visit your local library or see:
www.elament.org.uk

To order more Well Connected materials please contact: 01698 377626 or susan.mcmorrin@lanarkshire.scot.nhs.uk

Useful Contact Numbers:

Breathing Space: **0800 83 85 87**

Samaritans: **116 123** (24hrs)

NHS24: **111** (24hrs)

Childline: **0800 11 11** (24hrs)

Parentline Scotland: **0808 800 22 22**

National Debt Line Scotland: **0808 808 4000**



Stress Control Classes

Community classes will help you develop skills and techniques to manage common issues caused by modern day living such as stress, anxiety or low confidence.

To find your nearest class and book a place, call **0300 303 0447**.

A circular logo with a yellow border. The word "STRESS" is written in red, bold, uppercase letters, and the word "CONTROL" is written in purple, bold, uppercase letters below it.

Healthy Reading

Leaflets, books, CDs, DVDs are available in all libraries. The self help resources help you get the most from life such as living life to the full, sleeping better and becoming more confident and assertive. Pop in to any library to see the Healthy Reading resources.

A blue 3D-style arrow pointing to the right. Inside the arrow, the words "Healthy Reading" are written in white, with "Healthy" on the top line and "Reading" on the bottom line.

Lifelong Learning

To discuss local opportunities drop into Airdrie, Bellshill, Coatbridge, Cumbernauld, Motherwell or Wishaw library or phone **01236 812 598** or **01236 812 641**.

Physical Activity and Leisure Opportunities

To register for physical activity and leisure opportunities within North Lanarkshire call the Health & Wellbeing Manager on **01236 341 709** to discuss the best leisure option for you.



Arts and Culture

Call the Arts General Enquiry Line on **01236 632 828** to discuss what arts you are interested in and local opportunities.



Benefits, Welfare and Debt Advice

Call the North Lanarkshire Your Money Telephone Service on **01698 403 170** and receive a free and confidential assessment.

Volunteering

If you have time to spare and would like to find out more about volunteering please contact Voluntary Action North Lanarkshire office on **01698 358 866**



Employment

To talk to someone about work or training call North Lanarkshire's Working on **0800 073 0226**

Lanarkshire Stop Smoking Service

Call **0300 303 0242**, Text 'Advice' to **81066**