

Talk with our East Berkshire Wellbeing Service

Are changes to your circumstances affecting your wellbeing?

We work closely with local health, social care, and other organisations if you need support with:

- Housing
- Money worries
- Drug and alcohol misuse
- Loneliness and social isolation
- General wellness such as diet, sleep, and healthy living

We offer one-to-one sessions, wellbeing workshops, and online support programmes.

Contact our East Berkshire Wellbeing Service

If you're registered with a GP in East Berkshire, contact us to find out more

Call 0300 365 2000 (press option 3)

Web berkshirehealthcare.nhs.uk/wellbeing-service