

St Helens North Social Prescribing Team
invite you to a wellbeing event at St
Lukes Church (WA10 4PU) on Friday
9th June, 10am to 1pm

*There will be a wide range of organisations and charities there
to help and allow you to find out what support is available to you
in the St Helens area.*

*We want you to receive the best possible support and to improve
your mental health and wellbeing*

- St Helens Council Representative
- St Helens Carers Centre
- Job Centre Representative
- Willowbrook Hospice
- Home-start
- Parents in Mind
- Benefit and housing support
- Mental Health support (Kooth, Qwell
and MH Practitioner)
- Volunteering opportunities



Carers Week 5-11 June 2023

carersweek.org



**HOME
START**
St Helens

**citizens
advice**



Halton & St Helens
Voluntary and Community Action

If you are unable to attend but would really like support then please do get in touch with your GP Practice, and speak with the Social Prescribing Team.