

St Helens North Primary Care Network
invite you to a wellbeing event at St
Lukes Church (WA10 4PU) on Friday
14th April, 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*

. Please come on down for a brew, biscuits and a chat.

- St Helens Council representative
- Willowbrook Hospice
- Home-start
- Benefit and housing support
- Mental Health support (Kooth, Qwell and Think Wellbeing)
- Volunteering opportunities
- Social Groups and Activities information
- Cost of Living Support



MENTAL HEALTH

If you would like any further information, Please ask for the Social Prescribing Team at reception or during your appointment.

If you are unable to attend but would really like support then please do get in touch with your GP Practice, we are here for you!