

# Are you feeling stressed or worried due to the recent cost of living increases?

If you are, we're here to help you with free and easy to access support

## Coping with Financial Stress

Is one of our free online workshops available for you to join. Presented live by our experts, they will share strategies and techniques to help you cope with stress and worry, calm the mind and improve how you feel during these challenging times.

Scan the QR code to book your free place.



## Self-refer for individual support

You don't need a diagnosis and you don't need to see your GP.

Scan the QR code to find out more.



Self-refer for one-to-one support and we'll arrange for you to talk to one of our friendly and experienced therapists who can help you make changes and feel better.



**0300 123 1503** [wellbeingnands.co.uk](http://wellbeingnands.co.uk)

*Wellbeing Norfolk and Waveney and Wellbeing Suffolk is provided by Norfolk and Suffolk NHS FT working in partnership with a number of third sector organisations, including:*

- Norfolk and Suffolk NHS Foundation Trust • Relate • Shaw Trust • Suffolk Family Carers • MTCIC
- Norfolk and Waveney Mind

*Wellbeing is commissioned by Norfolk and Waveney, Suffolk and North East Essex Integrated Care Boards.*