



Aberdeenshire
Health & Social Care
Partnership

Aberdeenshire Mental Health Improvement and Wellbeing Service

Get free mental health improvement and wellbeing help and support from our team of dedicated professionals.

What can you expect?

Up to 6 weeks of dedicated 1:1 support from one of our team

Confidentiality

No judgement

Help and support for a range of issues

Coping strategies and help with managing symptoms

Support to improve your mood and wellbeing

Help & support with work stress

Help & support with relationship/family issues

Links to community activities

Help with money worries



Struggling with your mental health and wellbeing?

Over the age of 16?

Need a little extra support to get back on track?

Feeling lost?

Suffering with anxiety?

Family difficulties?

Relationship issues?

Get help and support from our dedicated team

SCAN ME



Call 01224 557400

and leave a message
[www.nhsgrampian.org/
mhiws-aberdeenshire](http://www.nhsgrampian.org/mhiws-aberdeenshire)