

Feeling lonely
and isolated

Panic Recovery

Bereavement

YOURhealth

NHS

Community

Mental Health

Self Help

Sadness

Quality of Life

Covid-19

Recovery

Chronic Pain

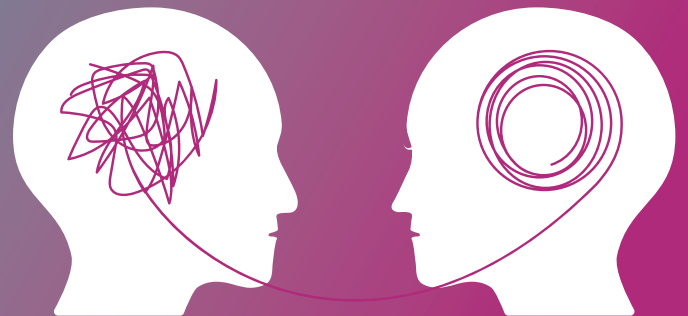
Motivate

Depression

Support

Mental Health and
Wellbeing Coaches 1:1
support available across
Hull and East Riding

Helping you move from
surviving to thriving



If you have been struggling with
low mood, anxiety or depression,
our team can support you to work
towards managing your wellbeing
– in a way that works for you.

If you would like support and
motivation with setting goals to
improve your mental health and
wellbeing please speak to your GP
surgery or make contact with the
YOURhealth team today.

 0800 9177752

 hnf-tr.mhwcreferrals@nhs.net

www.nhs-health-trainers.co.uk



Caring, Learning
& Growing Together



YOURhealth
Prevention and Lifestyle Services

