



Are you looking to make changes  
to improve your social, physical  
and mental wellbeing?



**Live Well Link Well is free and confidential support  
of a non-medical nature. We can help you with:**

- **Healthy living**
- **Quitting smoking**
- **Physical and mental wellbeing**
- **Independent living**
- **Mobility and equipment**
- **Home adaptations**
- **Safety and security**
- **Looking after someone**
- **Social Inclusion**
- **Getting out and about**
- **Money worries**



## How do I access the support?

If you are aged over 18 and live in Essex

**T: 0300 303 9988**

(Monday to Friday from 8am – 7pm)

**E: [livewell.linkwell@nhs.net](mailto:livewell.linkwell@nhs.net)**