

steps2wellbeing
Southampton & Dorset

NHS

Dorset HealthCare
University
NHS Foundation Trust

**Feeling down,
stressed or
worried?**

We can help.



Steps2Wellbeing is a free NHS service that provides talking therapies, online courses, and guided self-help for people in Dorset and Southampton City.

You can sign yourself up quickly and privately using our online form at www.steps2wellbeing.co.uk or give us a call.



Southampton – 02380 272 000 / 0800 612 7000

Sign up now, it's never too early to get help.

**Scan the QR code to complete
a quick referral form.**



Body and Mind

Our Body and Mind service can help you to feel better emotionally if you are living with a long-term health condition like:

- diabetes
- lung conditions
- heart conditions, stroke and TIA (transient ischaemic attack)
- chronic fatigue syndrome
- chronic pain
- long covid
- IBS (irritable bowel syndrome).

Employment Advice

Our specialist employment advisers can help you with:

- stress at work
- going back after a break
- looking for a new job.

“

Steps2Wellbeing helped me to feel a lot happier in myself.”