



Help  
yourself!

## Do you need help with:

- eating well
- drinking alcohol sensibly
- stopping smoking
- having more energy
- managing stress
- losing weight
- access to local services
- regular phone support
- mental or emotional support

## Free, friendly advice and support starts here...

Offering free online and telephone support through this difficult time for you or your loved ones to improve your health and wellbeing.



Contact us on **01243 521041** | [info@chichesterwellbeing.org.uk](mailto:info@chichesterwellbeing.org.uk)

Visit our website [www.chichesterwellbeing.org.uk](http://www.chichesterwellbeing.org.uk)

Opening times: Monday – Friday 9am to 5pm



# Chichester Wellbeing

**Our Wellbeing Advisors and Social Prescribers are here to help.**

Chichester Wellbeing and Social Prescribing are confidential and impartial services provided by Chichester District Council in partnership with West Sussex County Council and local NHS services.

## Alcohol Support

Would you like support to cut down your drinking? Book for a free confidential one to one session with our Specialist Alcohol Wellbeing Advisor. They will help guide you with creating a realistic and manageable plan to reduce your drinking.



## Stop Smoking Service

Quitting smoking is the best change you can make to improve your health. The team are qualified Smoking Cessation Advisors and are able to offer free one to one behavioural support, including Nicotine Replacement Therapy to help you quit.



## Weight Loss Workshops

Have you gained a few pounds during lock down? Join our Move it and Lose it workshops, helping you to make small and simple changes to achieve sustainable weight loss and lead a healthier lifestyle.



## Other services and support we provide:

**Healthy Eating | Pre-Diabetes | Falls Prevention | Healthy Workplace  
Home Energy | Family Wellbeing**

Contact us on **01243 521041** | [info@chichesterwellbeing.org.uk](mailto:info@chichesterwellbeing.org.uk)

Visit our website [www.chichesterwellbeing.org.uk](http://www.chichesterwellbeing.org.uk)

Join us on Facebook@chichesterwellbeing

