

Adult Virtual Wellbeing Coaching !

A large, abstract orange scribble consisting of several overlapping loops, located in the bottom left corner of the page.

1-1 support for 18+
Up to six 1 hour sessions
Delivered virtually on your personal device
such as a phone, tablet or computer
Covering a range of wellbeing topics

What is wellbeing?

Wellbeing is a sense of feeling good and being able to function well in our day to day lives.

What is wellbeing coaching?

Wellbeing coaching is person centred and solution focused. A coach will work with you to identify areas that are causing you difficulty, developing positive coping strategies by putting together a personal wellbeing action plan to support you in reaching positive goals.

Wellbeing coaching is not:

- Counselling or a talking therapy
- High intensity support
- A clinical service
- A crisis service
- Addiction support



Some topics we can support with:

Confidence and low self-esteem

Sleep and self care

Low mood

Stress and worry

Anger

If you are not currently accessing another mental health service and are struggling with any of these, you can refer yourself or refer somebody else as a professional

To make a referral, or for further information,
please email

virtualcoaching@lancashiremind.org.uk

or visit our website at lancashiremind.org.uk



Lancashire Mind
80-82 Devonshire Road
Chorley
PR7 2DR

Phone: 01257 231660

Calls are answered between 10am and 4pm, Monday to Friday. You can leave a message outside of these hours.

Email: admin@lancashiremind.org.uk

Registered charity number: 1081427