

# Make a positive change with our support

- > Improve your emotional wellbeing
- > Get more active
- > Eat more healthily
- > Quit smoking



**NHS Borders Wellbeing Service offers support to people who wish to improve their lives in one or more of the following areas:**

- > Emotional wellbeing**
- > Being more active**
- > Eating more healthily**
- > Quitting smoking**

We understand that making changes in your life can be difficult and our trained advisers will offer you support and encouragement to live well.

Our advisers offer a programme of support over 6-12 sessions where they will help you to make changes in your lifestyle.

**First appointment**

Our administration team will make your first appointment. At your first appointment your adviser will talk to you about your reasons for attending the service, what you are planning to change and factors which might affect your change. These will include:

- > Your mood
- > How active you are
- > What your diet is like
- > If you smoke or drink alcohol

**How can I get an appointment with a Wellbeing Adviser:**

- > Your GP can refer you to the Service
- > By self referral  
(forms available from [www.nhsborders.scot.nhs.uk/wellbeing](http://www.nhsborders.scot.nhs.uk/wellbeing))
- > Email: [wellbeing@borders.scot.nhs.uk](mailto:wellbeing@borders.scot.nhs.uk)
- > Phone: 01896 824502
- > Post to: Wellbeing Service, Room 16, Newstead, TD6 9DA

Your first appointment will take up to 1 hour (60 minutes) and during this your adviser will help you:

- > Make an action plan for change
- > Agree what support you need to make this change
- > Point you in the direction of help you might need
- > Provide access to resources which might help, e.g. nicotine patches if you want to stop smoking
- > Refer you to other services, who could help you get the support you need.

At your first or later appointment we may discuss with you additional support that can be offered by other services such as Live Borders, NHS Borders Psychology or NHS Borders Dietetics.

### **Further appointments**

All other appointments will take up to 30 minutes and these will be arranged with your adviser.

### **Quit your way with the Wellbeing Service**

The Wellbeing Service delivers the Borders Quit Your Way service which provides one to one support for people trying to stop smoking. Our advisers can tailor how they support you and help you develop an action plan for stopping. This includes giving advice about products which can help you in your stop smoking attempt such as nicotine patches and varenicline.

**QUIT YOUR WAY**  
with our support

### **Cancelling appointments**

If you cannot make your appointment please let us know by phoning: **01896 824502**



### **Please get in touch**

You can find more information about the Wellbeing Service on our website:

**[www.nhsborders.scot.nhs.uk/wellbeing](http://www.nhsborders.scot.nhs.uk/wellbeing)**

You can contact us at the following:

**Phone: 01896 824502**

**Email: [wellbeing@borders.scot.nhs.uk](mailto:wellbeing@borders.scot.nhs.uk)**