



Emotional wellbeing

We recognise that taking care of your emotional wellbeing is very important. Emotional health is as important as physical health.

Below is the support available to you.

- Support to speak to your local Doctor and attend appointments to discuss your emotional wellbeing, especially if you are unsure of what to say.
- Referrals to other agencies dependent upon what type of emotional support is needed. Your Personal Adviser can attend with you or just take you to the initial appointments, what ever is best for you.
- A dedicated worker who can offer additional support regarding your emotional wellbeing is available within the Pathways Team that you can access until the age of 25yrs .
- Details for telephone helplines, apps and websites that are free to access can be provided should you prefer to access support this way. A computer is available in the Pathways office that you can use to access these sites.
- If you have a mental health diagnosis we can support you and others around you to understand this.
- You can be provided with a "Pledge Card" to have free access to all Middlesbrough Council leisure services. This include gyms, fitness classes, yoga, swimming pools as we know that physical activity is beneficial to having good mental health.
- Your own "Health Passport" will be offered to you. This provides all key information about your health from your childhood to present time.