

Health & Wellbeing Coaching

NAVIGATING WELLNESS TOGETHER



Health and Wellbeing Coaches

What's a **Health and Wellbeing Coach** and how can they help me?



Health Coaches are trained to offer you support with making changes that will improve your life and help you to manage better. They partner with you to work on a plan and set goals in the areas of health, long term conditions and/or mental health.

How can I access **Health and Wellbeing Coaching**?



If you are over 18 and your GP is in North Solihull, you can talk to your GP or other health professional about getting a coach.

How does it **work**?



Health and Wellbeing Coaches are trained in behaviour change techniques, they work with both physical and mental health. They can help you to manage everyday mental health issues like stress, worries, feeling down or being overwhelmed. They offer encouragement and support, in achieving your goals.



Health Coaches work with you one on one for up to 6 sessions to help build your confidence and make improvements that are meaningful to you. Examples of things someone might work on are improving their sleep, applying lifestyle changes recommended for their health condition or coping better with worries.

Contact Us

 0121 456 7820

 <https://gatewayfs.org/>

 **gateway**
Family Services CIC