



**Want to feel healthier
and happier?**

**Talk, Connect and
Take Action**



Halton
community
wellbeing practices

Want to feel healthier and happier?

Talk, Connect and Take Action

Talk – you talk and we will listen. Sit back, relax and have a confidential conversation that focuses on you. We will discuss the things that are bothering you but we will also discuss the things that make you smile.

Connect - we will connect you with others. We will help you find practical help and connect you to fun social activities. It could be someone to help with a money worry or it could be someone you share a talent, interest or skill with.

Take Action - together we will make a plan that helps you do more of the things that make you smile and get help to deal with the issues that are bothering you. It's all about making you happier and healthier.

**Contact your Community
Wellbeing Officer today for
a Wellbeing Review**

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