

The Well is now virtually open

THE WELL

Do you have concerns about your or a family members health & wellbeing?

Use The Well Near Me to find out what support you can get if your health and wellbeing has been affected by coronavirus?

Receive help and advice from health & social care and other local organisations

Talk to us:

- If you are feeling lonely or isolated?
- If you are caring for a family member and need some advice and support?
 - If you are anxious about going out?
- If you are worried about financial issues?
 - Getting food?
 - Your mental health and wellbeing?
 - How to stay active?
- Bereavement advice and information

**The Well Near Me allows you to have a video conversation with our staff
from the comfort of your own home.**

We are live every **Tuesday to Thursday 10am to 12noon**
and **Monday and Thursday 1pm to 3pm**

To join our virtual Well visit: www.fifehealthandsocialcare.org/the-well

If you have questions or wish to make an appointment, please email:

TheWell@fife.gov.uk

If you don't have access to technology you can call our phone line: **03451 551500**
same days and time as the virtual Well

**WORKING TOGETHER TO BETTER SUPPORT PEOPLE TO
ACHIEVE WHAT MATTERS TO THEM**

