

Thistle Neurological Wellbeing Service

We offer remote support for people living with neurological health conditions:

- Phone-based one-to-one wellbeing coaching
- Support to develop a wellbeing plan
- Online group-based Lifestyle Management courses
- Online Mindfulness courses
- Social prescribing
- Encouraging peer support

You can choose to self-refer or ask to be referred by a healthcare practitioner.

Email referrals@thistle.org.uk
or text Leanne on **07342 035 670**



Things you might like to discuss with us

