



Who wants to write their own script?

Take a fresh approach in life - if you want to improve your wellbeing, try writing yourself a new wellbeing script!

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- *Learn a new skill or try out a new activity.*
- *Improve your mental and/or physical health.*
- *Take up opportunities to meet new people.*
- *Receive social support from others and give some too.*
- *Increase your self-confidence and self-esteem.*
- *Have opportunities to express yourself.*
- *Become more involved with your local community.*

Social prescribing can be accessed through your health centre or you can arrange to have a chat with one of the Social Prescribing Team. Advice and support is available from skilled and experienced people. No matter where you live in Perth and Kinross, there are opportunities for you.

Contact us by email on

wellbeingandrecovery@pkc.gov.uk

or by telephone on

01738 474455.



If you or someone you know would like a copy of this document in another language or format, (on occasion, only a summary of the document will be provided in translation), this can be arranged by contacting the Customer Service Centre on 01738 475000.

You can also send us a text message on 07824 498145.

All Council Services can offer a telephone translation facility.

www.pkc.gov.uk (PKC Design Team - 2015365)