

Blackburn with Darwen Wellbeing Service

Blackburn with Darwen Borough Council offer a fantastic Wellbeing Service. It brings together a wide range of services into one single access point so you can get help easily. It's not just about healthy lifestyle services; the Wellbeing Service know that poor housing or money worries can affect emotional and physical health just as much as smoking or not exercising enough. You can speak to an adviser who will help you work out what help you might want and need and they will support you getting it. Their website has amazing information about a whole range of things like giving up smoking, healthy eating, getting involved in social activities and being part of a community and you can take a number of fun online quizzes. It really is worth having a look – please click on the link below and have a browse through all the helpful information on offer.

<http://www.refreshbwd.com/change/>