



Struggling to cope?

If you are struggling with parent or caring responsibilities, isolation, cost of living, benefits or housing issues, discrimination or feeling low or depressed, you are not alone.

1 in 5 appointments with GPs are related to similar concerns.

But there is other support available.

The Primary Care Integrated Wellbeing and Support Service offers a friendly and safe space, the chance to be heard and works with you to find practical ways to help improve your health and general wellbeing.

If you're struggling, we're ready to listen.

Scan the QR code or give us a ring.



Working through worries to improve wellbeing.

Here for you.



0208 874 0730 (please leave a message)



WandsworthSupport@family-action.org.uk

Please note: to access support, you need to be registered with a Wandsworth GP or be a guest of Earlsfield or Wandsworth Foodbanks.

Scan for more info:



family-action.org.uk