

One  Devon



HEALTHY LIFESTYLES

Making small changes now can improve your wellbeing right away and as you get older. It's never too late to start the journey.

Local support for you:

One small step – (Devon outside Torbay and Plymouth)
www.onesmallstep.org.uk/ or Tel: 0800 298 2654

Healthy Lifestyles Torbay

tsdft.uk/lifestyles or Tel: 0300 456 1006

One You Plymouth

www.oneyouplymouth.co.uk/ or Tel: 01752 437177



HOW ARE YOU REALLY FEELING?

Its ok to talk about mental health.

If you or someone you know are struggling with mental wellbeing, go to:

Local support for you:

Torbay:

www.torbayandsouthdevon.nhs.uk/services/mental-health

Rest of Devon:

www.talkworks.dpt.nhs.uk

Plymouth Options:

www.livewellsouthwest.co.uk/plymouth-options



CONNECTING TO YOUR COMMUNITY

Various local organisations supporting health and wellbeing:

Local support for you:

Torbay - www.torbaycdt.org.uk

Plymouth – www.plymouthonlinedirectory.com

www.marbleslostandfound.co.uk

Rest of Devon– www.pinpointdevon.co.uk





MORE SUPPORT

Prefer to engage with latest digital Apps?

Download these Free Apps:

- NHS Smokefree
- Active 10
- Couch to 5K
- One You Drinks Tracker
- One You Easy Meals



CITIZENS ADVICE

Finding a way forward.

Free confidential advice on:

- **Debt and money**
- **Housing and Family**
- **Law and courts**
- **Benefits**
- **Work**



Contact Citizens Advice:
www.cabdevon.org.uk