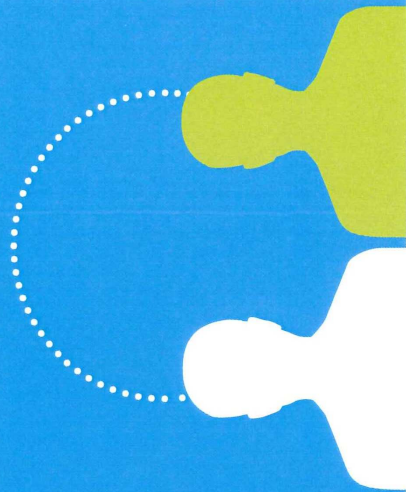


Midlothian Wellbeing Service

We support people living with long term health conditions or facing challenging life situations.

We offer:

- One to one wellbeing coaching;
- Support to develop a wellbeing plan;
- Group based lifestyle management courses;
- Group based mindfulness courses;
- Group based new beginnings course for people struggling with bereavement;
- Social prescribing;
- Peer support.



Things you might like to discuss with us

