



# HEALTH IMPROVEMENT COACHES

Improving  
health to  
support mental  
wellbeing

## What we can do for you:

- One to one support to improve your health and mental wellbeing.
- Assist you to achieve and maintain your goals by making small practical changes.
- Help you to make different choices to take control of your health.
- Free support to over 18s, living in Wiltshire.

## Contact us at the Wiltshire Health Improvement Hub:

Email:  
[health.coaches@wiltshire.gov.uk](mailto:health.coaches@wiltshire.gov.uk)

Call:  
0300 0034566 (Select option 1)

Facebook:  
[@WiltshireHealthImprovementHub](https://www.facebook.com/WiltshireHealthImprovementHub)

Website:  
[www.wiltshire.gov.uk/public-health-improvement-coaches](http://www.wiltshire.gov.uk/public-health-improvement-coaches)

**Health**  
Improvement Coaches

**Wiltshire Council**