

# The Well is now virtually open

## THE WELL

Do you have concerns about your or a family members health & wellbeing?

Use The Well Near Me to find out what support you can get if your health and wellbeing has been affected by coronavirus?

Receive help and advice from health & social care and other local organisations

### Talk to us:

- If you are feeling lonely or isolated?
- If you are caring for a family member and need some advice and support?
  - If you are anxious about going out -  
for example to attend your flu vaccine appointment?
  - If you are worried about financial issues?
    - Getting food?
    - Your mental health and wellbeing?
    - How to stay active?

**The Well Near Me allows you to have a video conversation with our staff  
from the comfort of your own home.**

We are live every **Tuesday to Thursday 10am to 12noon**  
and **Monday and Thursday 1pm to 3pm**

To join our virtual Well visit: [www.fifehealthandsocialcare.org/the-well](http://www.fifehealthandsocialcare.org/the-well)

If you don't have access to technology you can call our phone line: **03451 551500**  
same days and time as the virtual Well



**WORKING TOGETHER TO BETTER SUPPORT PEOPLE TO  
ACHIEVE WHAT MATTERS TO THEM**

**Fife Health  
& Social Care  
Partnership**  
Supporting the people of Fife together

