

Worcestershire Healthy Minds Service  
Wulstan Unit  
Newtown Road  
Worcester  
Worcestershire  
WR5 1JG

15 March 2018

Dear GP colleague

**Re: Self-referral to the Worcestershire Healthy Minds Service**

Unfortunately patients keep being advised to call the Healthy Minds Service directly to make a self-referral. The correct route for self-referral is to call or email the Wellbeing Hub.



Contact details for the Wellbeing Hub are:

Call: **01905 766124**

Email: **WHCNHS.wellbeinghub@nhs.net**

The Wellbeing Hub not only book screening appointments for self-referral patients experiencing anxiety, low mood or stress they can also:

- Provide information and signposting for wellbeing services provided by the voluntary sector across Worcestershire
- Take bookings for the Community Wellbeing Programmes such as Moodmaster and Peer Support
- Redirect people to self-help resources

Thank you in anticipation of your help in directing patients via the appropriate route.

**Michael Stout**  
Service Lead  
Worcestershire Healthy Minds