




making space
Kind hearted care and support
Plus Dane Housing

WELLBEING FIRST



We support Plus Dane customers living in Cheshire, aged 16 and over, who are experiencing a range of mental health problems.

Our trained, experienced and caring team will help you to develop the tools, confidence and resilience needed to achieve your full potential.

How we can support you:

- 1-2-1 mentoring, confidence and self-esteem support
- Help to improve aspirations and self-worth
- Goal setting and coping strategies
- Flexible options to support individual needs, following initial assessment
- Self-help Cognitive Behavioural Therapy (CBT) and/or Computerised Cognitive Behavioural Therapy (CCBT)
- Signposting individuals experiencing significant and acute mental health issues into mainstream services
- Self-help support and psychoeducation

We can offer you support via telephone, Zoom, video calling or face-to-face.

Are you eligible to access support from Wellbeing First?

To access our Wellbeing First service, you must:

- Be a Plus Dane customer in Cheshire
- Be aged 16 and above
- Have a mild/moderate common mental health problem

For more information or to refer please contact:



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