

Do you need Someone  
to Talk to ? Are you  
struggling with your  
Mental Health and  
Wellbeing

Call us 01329 281445

[afg@solentmind.org.uk](mailto:afg@solentmind.org.uk)

Fareham and Gosport Wellbeing Service is offering  
telephone support

Our Wellbeing Workers can support you through telephone  
sessions while we remain in Lockdown