

Thistle Wellbeing Service

Supporting adults living with long term health conditions, long covid, or facing challenging life situations.

- Phone or video-based one-to-one wellbeing coaching
- Support to develop a wellbeing plan
- Online group-based Lifestyle Management
- Online group-based Mindfulness courses

You can choose to self-refer or ask to be referred by a healthcare practitioner.

Email **referrals@thistle.org.uk**
or telephone **0131 661 3366**



Things you might like to discuss with us

