



MYA HIGGINSON

Wellbeing Practitioner

ABOUT ME

I am Mya, a full time Wellbeing Practitioner (Social prescriber). I have worked for 4 years in a CBT charity (mental health).

My role consists of face to face and telephone consultations that use a person-centred approach to support someone with any issues they may be facing and help encourage them to make small changes in their life that will have a big and long-term impact on their wellbeing.

Anyone who is over the age of 18 can be referred to me for support in the local area, and I am here for those who are experiencing mild mental health issues and feel they are ready to take a step towards improvement.

Referrals for carers will be directed to me.

HOW CAN A WELLBEING PRACTITIONER SUPPORT YOU?

Support can be provided by:

- **Providing general knowledge** on local support services
- **Practical problems**, such as housing, money, welfare, access to food or prescriptions, etc.
- **Connecting to others**, i.e. where to meet new people with similar interests, how to get involved in life-enriching activities locally, etc.
- Improving mental wellbeing by offering a **friendly listening ear** and advice on the best way to access help for people feeling low, isolated, anxious, stressed

TIMETABLE (9AM-5PM)



| Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|----------------------|-------------------------|---------------------|-------------------------|
| Civic Medical Centre | Civic Medical Centre | Sunlight Group Practice | The Orchard Surgery | Sunlight Group Practice |