

Concerned about your wellbeing or the wellbeing of others?

We can help with:



Weight management



Emotional wellbeing



Financial support



Social inclusion



Smoking



Alcohol



Housing support



Employment and adult learning

Book an appointment today



Phone us

0300 126 5000

Phone lines are open Monday to Friday, 8am to 6pm



Email us

info@firstforwellbeing.co.uk

www.firstforwellbeing.co.uk

First for Wellbeing is not for crisis or emergency situations. If you need urgent assistance, please call **111**.

First for Wellbeing is a new social enterprise established by Northamptonshire County Council, Northamptonshire Healthcare NHS Foundation Trust and The University of Northampton.

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First for
Wellbeing 

SUPPORTING YOU TO TAKE CHARGE OF YOUR LIFE