


Close 2 Home

Are you living with a Long Term Condition?

We can help you to:



Improve your
self care
skills



Focus on your
wellbeing and
quality of life



Build confidence
and increase
motivation



Access
other
services



Claim
the right
benefits



Learn how
to cope better with
your condition

Helping you live a healthier life with your Long Term Condition

What people have told us:

"I was given great advice and ideas on how to make things easier for myself"

"The service helped me with my difficult situation and how to be more confident to try new things"

"I was helped to find the positives so I can manage better"





"The support helped me to try and come to terms with my condition"

HOW TO GET IN TOUCH:

If you are 18 and over and live in Stockton, please contact 01642 796630 or email: reablement@middlesbroughandstocktonmind.org.uk

Close 2 Home Service, Marlborough House, 30 Yarm Road, Stockton on Tees, TS18 3NG

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