



connect
be active
take notice
keep learning
give

**There are lots of ways to
feel better that don't
involve medical services!**

In Perth and Kinross, we are committed to helping you to help yourself towards better wellbeing, more fulfilled lives and staying connected to people, places and options that are all around you.

Make contact with us by emailing
wellbeingandrecovery@pkc.gov.uk
or phone **01738 474455** and ask to speak to
anyone in the Social Prescribing Team.