

# Wellbeing for Employability



## One to one emotional and wellbeing support

### Is mental health and wellbeing a barrier to employability?

Emotional and wellbeing support with an NHS Borders Wellbeing Adviser can be offered face-to-face, by telephone or Near Me video call. Coaching and self-help support for Tier One mental health (age 16+), lifestyle interventions e.g. being active (age 16+) healthy eating (age 18+) and smoking cessation (age 12+)

For more information visit [www.nhsborders.scot.nhs.uk/wellbeing](http://www.nhsborders.scot.nhs.uk/wellbeing)

Referrals by form on website, phone 01896 824 502 or email [wellbeing@borders.scot.nhs.uk](mailto:wellbeing@borders.scot.nhs.uk)

**Borders  
Recovery  
And  
Wellbeing**

**Foundations of  
Recovery and  
Wellbeing  
Five week course**

Borders Recovery And Wellbeing  
(BRAW) Course Registration



**This course is designed for people to:**

- Explore what recovery and wellbeing means to them
- Connect with others in a small group for informal conversations
- Gain tools to support progress towards recovery and better wellbeing
- Find out more about opportunities that support recovery and wellbeing

The course is run by health professionals from NHS Borders' Public Health Team alongside Peer Support Workers from the Community Mental Health Team who will inspire and support students along their recovery and wellbeing journey.

Further info and queries: [health.improvement@borders.scot.nhs.uk](mailto:health.improvement@borders.scot.nhs.uk)

**Creating Hope**  
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