**Wellbeing Service**

**‘Criteria’ and Common Presentations**

**Criteria for referral to a Living Well Coach in the Wellbeing Service:**

* Patients not currently with other services for mental health and addictions and does not have ongoing mental health needs (e.g. Personality Disorder or Psychosis)
* Appropriate patients may have a range of Long Term physical health Conditions (cardiac, respiratory, diabetes, cancer, frailty), have multi-comorbidities or have had a recent change in life circumstances
* Will encompass all ages of adult patients (over 18) and both those in and out of work

**Common Presentations**

* Not feeling able to self-manage
* Failure to change habits or behaviours
* Repeated conversations
* Feeling overwhelmed
* Low level distress
* Anxiety
* Over and under optimistic goal setting – “boom and bust”
* Has had variety of education on related long-term condition but not felt it was personalised or useful to them
* Struggling with return to work
* Struggling with a change in life circumstance – e.g. retirement, bereavement, change in treatment
* Recent onset of housing and financial difficulties, related to their health
* Loneliness and social isolation
* Appearing to be frail or feeling fragile / risk of falling
* Frailty score changing
* Recent discharges from hospital
* Fear of recurrence of a condition post treatment (e.g. cancer)
* Existing multiple comorbidities and had another recent diagnosis
* Reluctance to access other services now and/or in the past