



xyla health & wellbeing
Part of Acacium Group

Adult weight management

Signposting manual

Contents

National Signposting.....	3
Mental Health Services.....	3
Homelessness.....	6
Domestic Violence.....	6
Drug and Alcohol Services.....	7
Physical Activity.....	8

National Signposting

Healthy Lifestyles

<https://www.nhs.uk/live-well/healthy-body/>

Smoking

<https://www.nhs.uk/live-well/quit-smoking/>

Nutrition

<https://www.nhs.uk/live-well/eat-well/>

Physical Activity Guidelines

<https://www.nhs.uk/live-well/exercise/>

Active10

<https://www.nhs.uk/oneyou/active10/home>

Sleep

<https://www.nhs.uk/live-well/sleep-and-tiredness/>

Mental Health Services

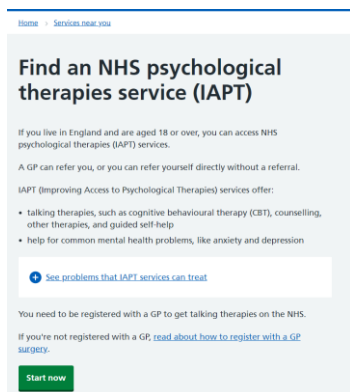
NHS Improving Access to Psychological Therapies (IAPT): Link to find local IAPT service and information on how to access.

<https://www.nhs.uk/service-search/find-a-psychological-therapies-service/>

Follow this link to take you to the web page below, from here click the 'start now' button and 'continue' through the steps shown below, you will be able to see local services available and complete the self-referral form.

If you experience any difficulties, you can call your GP directly and ask to be referred to the psychological therapies service.

Step 1



Home > Services near you

Find an NHS psychological therapies service (IAPT)

If you live in England and are aged 18 or over, you can access NHS psychological therapies (IAPT) services.

A GP can refer you, or you can refer yourself directly without a referral.

IAPT (Improving Access to Psychological Therapies) services offer:

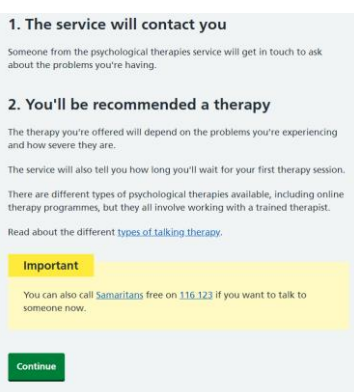
- talking therapies, such as cognitive behavioural therapy (CBT), counselling, other therapies, and guided self-help
- help for common mental health problems, like anxiety and depression

[See problems that IAPT services can treat](#)

You need to be registered with a GP to get talking therapies on the NHS. If you're not registered with a GP, [read about how to register with a GP surgery](#).

Start now

Step 2



1. The service will contact you

Someone from the psychological therapies service will get in touch to ask about the problems you're having.

2. You'll be recommended a therapy

The therapy you're offered will depend on the problems you're experiencing and how severe they are.

The service will also tell you how long you'll wait for your first therapy session.

There are different types of psychological therapies available, including online therapy programmes, but they all involve working with a trained therapist.

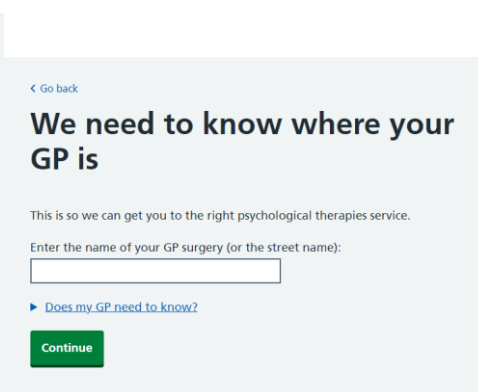
Read about the different [types of talking therapy](#).

Important

You can also call [Samaritans](#) free on 116 123 if you want to talk to someone now.

Continue

Step 3



[Go back](#)

We need to know where your GP is

This is so we can get you to the right psychological therapies service.

Enter the name of your GP surgery (or the street name):

[Does my GP need to know?](#)

Continue

Mind

<https://www.mind.org.uk/>

Samaritans

<https://www.samaritans.org/>

Shout

<https://giveusashout.org/> (text SHOUT to 85258)

CALM

<https://www.thecalmzone.net/>

BEAT (support for disordered eating)

<https://www.beateatingdisorders.org.uk/support-services/helplines>

CRUSE (support for bereavement)

<https://www.cruse.org.uk/>

AGE UK

<https://www.ageuk.org.uk/>

Anxiety UK

www.anxietyuk.org.uk

Men's health forum

www.menshealthforum.org.uk

No Panic

www.nopanic.org.uk

Family Lives (support with parenting)

www.familylives.org.uk

RELATE (relationship support)

www.relate.org.uk

Carer's UK

www.carersuk.org

Mood

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

Homelessness

Shelter

https://england.shelter.org.uk/housing_advice/homelessness

Crisis

<https://www.crisis.org.uk/get-help/how-to-get-help/>

Salvation army

<https://www.salvationarmy.org.uk/homelessness>

Sanctuary supported living

<https://www.sanctuary-supported-living.co.uk/>

Emmaus

<https://emmaus.org.uk/>

Domestic Violence

Mankind Initiative (men)

<https://www.mankind.org.uk/>

Mens advice line (men)

<https://mensadvice.org.uk/>

Brightsky (App)

<https://www.hestia.org/brightsky>

National domestic abuse helpline

<https://www.nationaldahelpline.org.uk/>

Refuge (women)

<https://www.refuge.org.uk/>

Womens' aid (women)

<https://www.womensaid.org.uk/>

Drug and Alcohol Services

Talk to Frank (drugs)

www.talktofrank.com

SMART recovery

www.smartrecovery.org.uk

Alcoholics anonymous (alcohol)

www.alcoholics-anonymous.org.uk

Alcohol Consumption

<https://www.nhs.uk/live-well/alcohol-support/>

Physical Activity

Exercise does not have to involve a gym at all, ever. There are lots of ways to become more active that will benefit your health without costing a penny. Walking is the perfect form of physical activity to start with. It's free, you can do it anywhere, and you can build up from a short walk to whatever length you like.

You may find the following resources helpful:

UK Chief Medical Officers'

This great infographic that shows the recommendation (2019) for physical activity in adults and older adults from the UK Chief Medical Officers'.



Exi

Exi have a free App available to download, which enables you to create a personalised 12 week exercise programme based on your health information. Set at exactly the right intensity for each person, the app will help users to safely and gently increase their activity levels and improve their health.

<https://exi.life/>

Moving More Video

Various exercises that incorporate stamina, strength, mobility and balance.

<https://vimeo.com/527714387>

NHS Fitness Studio's range of online exercise videos.

Take your pick from 24 instructor-led videos across our aerobics exercise, strength and resistance, and Pilates and yoga categories.

<https://www.nhs.uk/conditions/nhs-fitness-studio/>

For more free NHS exercise ideas such as:

<https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/>

<https://www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/>

<https://www.nhs.uk/live-well/exercise/10-minute-workouts/>

Walking

Walking is one of the easiest ways of to better health.

<https://www.walkingforhealth.org.uk/walkfinder>

<https://www.ramblers.org.uk/>

<https://www.countryfile.com/go-outdoors/walks/walking-groups-how-to-find-and-join-a-walking-group/>

Cycling

Cycling is one of the easiest ways of fitting activity into your day. It can also save you money on petrol or public transport costs.

<https://www.cyclinguk.org/>

<https://www.bike2workscheme.co.uk/>

Contact your local leisure centre

Contact your local authority to find out what is available in your area.

<https://www.gov.uk/find-local-council>

Outdoor gyms

These are free equipment usually based in the park that can be used to do various exercises. Search online to learn how to do the exercises properly to get the most from them and avoid injury. Contact your local authority

<https://www.gov.uk/find-local-council>

Green Gyms

Green Gyms right across the UK. Use the following link to find one near you.

<https://www.tcv.org.uk/greengym/find-green-gym>

Getbritainstanding

One idea that can be incorporated is reducing the amount of time that you spend sitting if you are overwhelmed with thinking about becoming more active. Did you know that there is increasing evidence that sitting still for too long is bad for you too? Why not try the following link to calculate how long that you sit for during the day

<http://getbritainstanding.org/index.php>

Goodgym

GoodGym helps you get fit by doing good. It is a group of runners of all levels of ability, combining regular exercise with helping our communities.

<https://www.goodgym.org/>

Free Health Apps android and iOS

<https://exi.life/> this app creates a 12-week exercise plan based on health information entered by the user.

Active 10 is a free and easy to use walking app that tracks your walking and shows you how you can increase your intensity to benefit your health. Download the Active 10 app:

via the One You website (by searching One You or visiting

<https://www.nhs.uk/oneyou/apps/#active-10>

via iTunes app store (for iOS), <https://itunes.apple.com/gb/app/one-you-active-10-walking-tracker/id1204295312?mt=8>

via Google Play store (for Android)

https://play.google.com/store/apps/details?id=uk.ac.shef.oak.pheactiveten&hl=en_GB

<https://sweatco.in/> a free app that turns your steps into digital currency. Sweatcoin is a great way to earn rewards for moving your body