



Health and Wellbeing Nurse

Victoria Practice

Glover Street Medical Centre

133 Glover Street

PERTH

Your Mental Health & Wellbeing needs attention, just like your Physical Health & Wellbeing. Whether it's relationship or money worries, caring for someone or do you just need someone to talk to? You can ask to see Kirsty.

Kirsty is a nurse in the surgery, here specifically to support you with Health & Wellbeing concerns that may be affecting your mental health. After chatting with you she may be able to offer suggestions on ways to improve your wellbeing, which can be affected by lots of different things!

Occupational: Is about how you occupy your time or simply liking what you do every day

Financial: Is about effectively managing your economic life

Physical: Is about having good health and enough energy to get things done daily

Environmental: Is about the sense of engagement you have with where you live

Social: Is about having strong relationships and love in your life

"These elements are the currency of a life that matters. They do not include every nuance of what's important in life, but they do represent five broad categories that are essential to most people."

Rath.T & Harter.J "The Five Essential Elements of Wellbeing" May, 2010

When can I make an appointment to see Kirsty?

If you think you might benefit from seeing her simply self refer by asking to book in with reception staff, you don't need to be referred by your GP. She can offer you a **half an hour appointment** to discuss things that are impacting on your health and wellbeing and might just be able to offer suggestions or solutions for the difficulties you're experiencing. She is here to support you in finding helpful ways to feel better and keep better and to offer a listening ear when you're not feeling yourself.

Kirsty is available for you to make an appointment with her on **Thursday & Friday afternoons every week**. If you would like some more information, just ask one of the staff at reception.