

Helping you

**be well. live well. work well.**

in North Central London

In **primary** care we all  
carry a lot, because  
we care a lot.



Do you stop to ask  
**yourself**



**how am I  
doing really?**



We can all find extra strength when we find the right support, advice and guidance just for us – head to [keepingwellncl.nhs.uk](https://keepingwellncl.nhs.uk) for free, confidential health and wellbeing support.

