



Luton Wellbeing Navigator Service

The Luton Wellbeing Navigator Services offers individual support through up to four 1:1 sessions. This service aims to help you set wellbeing goals and build your confidence with the support of our Wellbeing Navigator. The service can also help with your anxiety by accessing Mind BLMK Luton groups, and looking at what other services would best suit your needs.

The sessions can either be held in person at the Luton Wellbeing Centre, video call, or over the phone and will take place on Tuesday's and Thursday's 9am - 3pm.

What can you expect?

- Individual support for up to four 1:1 sessions
- Additional support with anxiety about accessing Mind BLMK groups
- Signposting to partner agencies
- Goal setting through wellbeing star
- Direction/guidance on what group would best suit you

For more information, please contact:

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