

Waiting Well Link Workers

MySelf-Management is a Scottish Highland charity with a long record of supporting people with long term or chronic health conditions. They were formerly known as Let's Get On With It Together (LGOWIT).

The Myself-Management Link Workers, Val and Vicki, are here to support you with your wellbeing as you await your appointment. This support is through Near Me video contact or telephone calls at mutually agreed times over a series of around 6 to 10 weekly or fortnightly contacts.

They will listen to what is important to you and offer advice and support which might include managing your symptoms, feeling positive or looking after yourself. If needed they can signpost you to other places that can support more specific needs.

This Link Worker service will take a person centred approach, working with your current priorities and concerns. They are not counsellors or medical professionals.



Link worker,
Val Gale



Link worker,
Vicki Nevin



www.myself-management.org
@MySelfManage

