

# Health Matters

NEED TO TALK TO SOMEONE ABOUT YOUR HEALTH & WELLBEING?



## The Health Matters Project offers support and advice to women about their health.

We want to empower and support women to have a better understanding about their health and to feel healthier and better about themselves.

### We offer:

- One to one support and guidance
- Workshops on health and lifestyle
- Through the Gates and continued care on release
- Health promotion and awareness
- A holistic approach to help you understand the link between your physical and mental health

## GET IN TOUCH!

FREEPHONE: 0800 953 0125

EMAIL: [referrals@womeninprison.org.uk](mailto:referrals@womeninprison.org.uk)

FREEPOST: Write to us at FREEPOST

WOMEN IN PRISON (no stamp or address required)

Women in Prison, 2nd Floor, Elmfield House, 5 Stockwell Mews, London, SW9 9GX

Registered charity no: 1118727 Limited company no: 5581944



LOTTERY FUNDED

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