

HEALTHIER YOU

NHS

Behavioural Support for  
Obesity Prescribing

# Signposting manual

Service provided by

xyla  
Part of Acacium Group

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## Pre-diabetes support

### Diabetes UK

<https://www.diabetes.org.uk/preventing-type-2-diabetes/prediabetes>

Support, advice and information relating to everything prediabetes. Including links to the 'Know your risk' self-referral tool.

## Healthy weight

### NHS Live Well

<https://www.nhs.uk/live-well/healthy-weight/>

## Mental health

### Mind-Mental Health Charity

0300 123 3393

[info@mind.org.uk](mailto:info@mind.org.uk)

Text: [86463](tel:86463)

When you're living with a mental health problem, or supporting someone who is, having access to the right information – about a condition, treatment options, or practical issues.

### Rethink

03005000927

<https://www.rethink.org/>

[advice@rethink.org](mailto:advice@rethink.org)

Our advice and Information Service offers practical help on a wide range of topics such as The Mental Health Act, community care, welfare benefits, debt and carers rights. We also offer general information on living with mental illness, medication and care.

### Samaritans

116 123/0330 094 5717

<https://www.samaritans.org/>

Samaritans is a national charity which is a unique organisation dedicated to reducing the feelings of isolation and disconnection that can lead to suicide.

### The Marmalade Trust

<https://www.marmaladetrust.org/law>.

[info@marmaladetrust.org](mailto:info@marmaladetrust.org)

To provide support for those facing loneliness and social isolation

## Healthy lifestyles

### NHS Live Well

<https://www.nhs.uk/live-well/healthy-body/>

## Smoking

### NHS Live Well

<https://www.nhs.uk/live-well/quit-smoking/>

## Nutrition/dietetic

### NHS Live Well

<https://www.nhs.uk/live-well/eat-well/>

### BDA – The Association of UK Dietitians

<https://www.bda.uk.com/food-health/food-facts/all-food-fact-sheets.html>

The BDA Food Facts sheets are free for you to read, download and print for your own reference. Food Fact Sheets are written by dietitians to help you learn the best ways to eat and drink to keep your body fit and healthy

## Physical activity guidelines

### NHS Live Well

<https://www.nhs.uk/live-well/exercise/>

## Active10

### NHS One You

<https://www.nhs.uk/oneyou/active10/home>

## Sleep

### NHS Live Well

<https://www.nhs.uk/live-well/sleep-and-tiredness/>

## Alcohol consumption

### NHS Live Well

<https://www.nhs.uk/live-well/alcohol-support/>

## Mood

### NHS

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

## Drugs

### Talk To Frank

Call: 0300 123 6600

Text: 82111

<https://www.talktofrank.com/>

## Carer support services

### Carers UK

0808 808 7777

<https://www.carersuk.org/>

Advice and support for carers and the people they care for.

## Dementia

### Alzheimer's Society

01234 327 380

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

Services for people with dementia and their carers.

## Ageing

### Age UK

01903 731 800

Age UK is a local charity working in the community to support older people.

## Bereavement services

### **NHS (online)**

<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/>

Advice on how to deal with grief – dos and don'ts when dealing with grief.

### **Cruse Bereavement Care (online)**

<https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>

Advice on how to deal with grief throughout COVID-19

## Domestic abuse

### **Refuge**

0808 2000 247

<https://www.nationaldahelpline.org.uk/>

On any given day Refuge supports more than 6,000 clients, helping them rebuild their lives and overcome many different forms of violence and abuse; for example domestic violence, sexual violence, so-called 'honour'-based violence, human trafficking and modern slavery, and female genital mutilation. The freephone, 24-hour National Domestic Abuse Helpline.

## Learning disability advice and support

### **Mencap**

0808 808 1111

<https://www.mencap.org.uk/advice-and-support>

Mencap is the leading voice of learning disability. Everything we do is about valuing and supporting people with a learning disability, and their families and carers. Our vision is a world where people with a learning disability are valued equally, listened to and included.

### **Scope**

[0808 800 3333](tel:08088003333)

<https://www.scope.org.uk/>

Provide practical information and emotional support when it's most needed and campaign relentlessly to create a fairer society.

## Overweight and Obesity

### Obesity UK

Charity offering support for people living with obesity and weight stigma, including articles, podcasts, webinars and newsletters

<https://obesityuk.org.uk/>

### NHS

<https://www.nhs.uk/conditions/obesity/>

<https://www.nhs.uk/live-well/healthy-weight/managing-your-weight/>

## Medicines for overweight and obesity

### Medicines and Healthcare products Regulatory Agency

<https://www.gov.uk/government/publications/glp-1-medicines-for-weight-loss-and-diabetes-what-you-need-to-know>

Guidance on the safe and effective use of medicines for overweight and obesity

### Yellow Card Scheme

<https://yellowcard.mhra.gov.uk/>

Website for reporting concerning symptoms or side effects while taking Mounjaro, to help improve the safety monitoring of this medication. Seek advice from your Prescriber if affected.

## Cholesterol

### Heart UK

<https://www.heartuk.org.uk/>

Support, advice and information relating high cholesterol and cardiovascular health.

## Hypertension

### British Heart Foundation

<https://www.bhf.org.uk/informationsupport/risk-factors/high-blood-pressure>

**NHS**

<https://www.nhs.uk/conditions/high-blood-pressure/>

## **Cardiovascular disease**

**British Heart Foundation**

<https://www.bhf.org.uk/information-support/conditions/cardiovascular-disease>

**NHS**

<https://www.nhs.uk/conditions/cardiovascular-disease/>

## **Type 2 diabetes**

**Diabetes UK**

<https://www.diabetes.org.uk/about-diabetes/type-2-diabetes>

## **Obstructive sleep apnoea**

**Sleep Apnoea Trust**

<https://sleep-apnoea-trust.org/>

**NHS**

<https://www.nhs.uk/conditions/sleep-apnoea/>