



**A Weight  
Off Your  
Mind**

**NHS**  
Cumbria, Northumberland,  
Tyne and Wear  
NHS Foundation Trust

**Support to achieve a healthy  
weight and be more active**



Caring | Discovering | Growing | **Together**

## A Weight off your mind



is a plan developed by people with lived experience of mental health conditions and/or learning disabilities in partnership with professionals to support you to achieve a healthy weight and be physically active.

## How can AWOYM help?



support is available to make changes to your lifestyle and achieve/maintain a healthy weight and healthy activity levels. Healthy eating and physical activity can help to improve your physical and mental health.

**to find out more [www.cntw.nhs.uk/awoym](http://www.cntw.nhs.uk/awoym)**

## Speak to staff



if you would like information and support to manage your weight and be more active speak to a member of staff.

## Support is available



staff can support you to look at the reasons why you might be struggling with weight and work with you to come up with solutions.

## AWOYM website



contains lots of useful resources, contacts and support information  
[www.cntw.nhs.uk/awoym](http://www.cntw.nhs.uk/awoym)

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