

# First Contact Plus

Your first place for health and wellbeing advice in Leicestershire



Improving health



Falls prevention



Families and relationships



Money and benefits



Independent living



Your home



Feeling safe



Work and volunteering

**Step 1**

Visit [www.FirstContactPlus.org.uk](http://www.FirstContactPlus.org.uk)

**Step 2**

Find information and advice on improving your health and wellbeing

**Step 3**

Contact a member of the team if you need more help - [click the 'self-referral' button](#)

**Step 4**

Start your journey to a healthier future