

Get the right support this winter

As winter sets in and the cost of living crisis begins to bite, we have put together a range of information and signposting advice on our website, to support local people through these tough times.

Our latest articles include:

[A guide to local organisations](#) that offer practical help and support with the cost of living, such as where to get free, independent advice, where to find warm spaces and food banks, and how to keep on top of your finances. We'll continue to update this information through the winter.

Looking after your health during the colder months is especially important and our article offers tips on [how you can stay](#)

[well](#) and where to get care and support if you need it.

In a post-pandemic world, prioritising our mental health and wellbeing has become a necessity. We explain what the signs of mental ill health are and [share tips on self-care](#) to manage your mood.

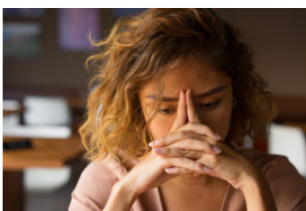
[Our downloadable guides](#) to mental health support in Wiltshire can also help you find local services for both children and adults. Since 2021, the guides have been downloaded more than 670 times.

Plus details of [Wiltshire advocacy services](#) are also available if you need help and support with the complaints process.

Find out more [on our website](#).

Advice and information

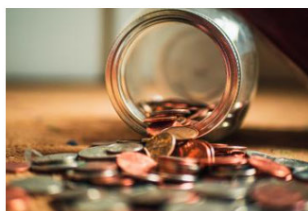
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Looking after your mental health this winter

In a post-pandemic world where the cost-of-living crisis is beginning to hit home for many of us,...

13 December 2022



Where to get cost of living support in Wiltshire

Local organisations that can give you practical help and support.

28 November 2022



How to stay well this winter

Tips to help you stay well this winter and get the care you need.

28 November 2022



What you need to know about flu

Know the signs and symptoms of seasonal influenza (flu) and who is eligible for a free vaccine.

28 September 2022