



Right Care, Right Time

www.rightcarestockport.org.uk

START Stockport Triage Assessment Referral Team

Who is this service for?

Anybody who lives in Stockport or is registered with a Stockport GP and looking to improve their health and wellbeing by improving their lifestyle.

- Alcohol and drug support for adults aged 26+
- Weight management support for people aged 18+
- Stop smoking service for those aged 12+
- Physical activity sessions for those aged 18+



What is the service on offer?

START is the main point of contact to access Stockport lifestyle change services including weight management, stop smoking, physical activity, alcohol and drug support.

How do I access this service?

Visit www.healthystockport.co.uk
Email START@Stockport.gov.uk
Phone 0161 474 3141

