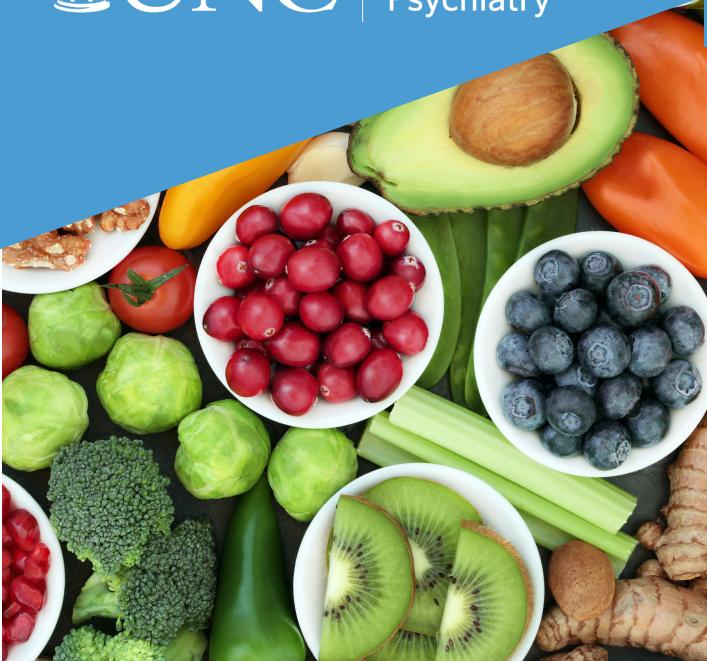




SCHOOL OF MEDICINE
Psychiatry



FOR REFERRALS

Refer your client by filling out
this short [referral form](#).

Or Scan:



For more information email
NCHeAL@med.unc.edu
or go to our website
[www.med.unc.edu/psych/
epi-nc/nc-heal/](http://www.med.unc.edu/psych/epi-nc/nc-heal/)

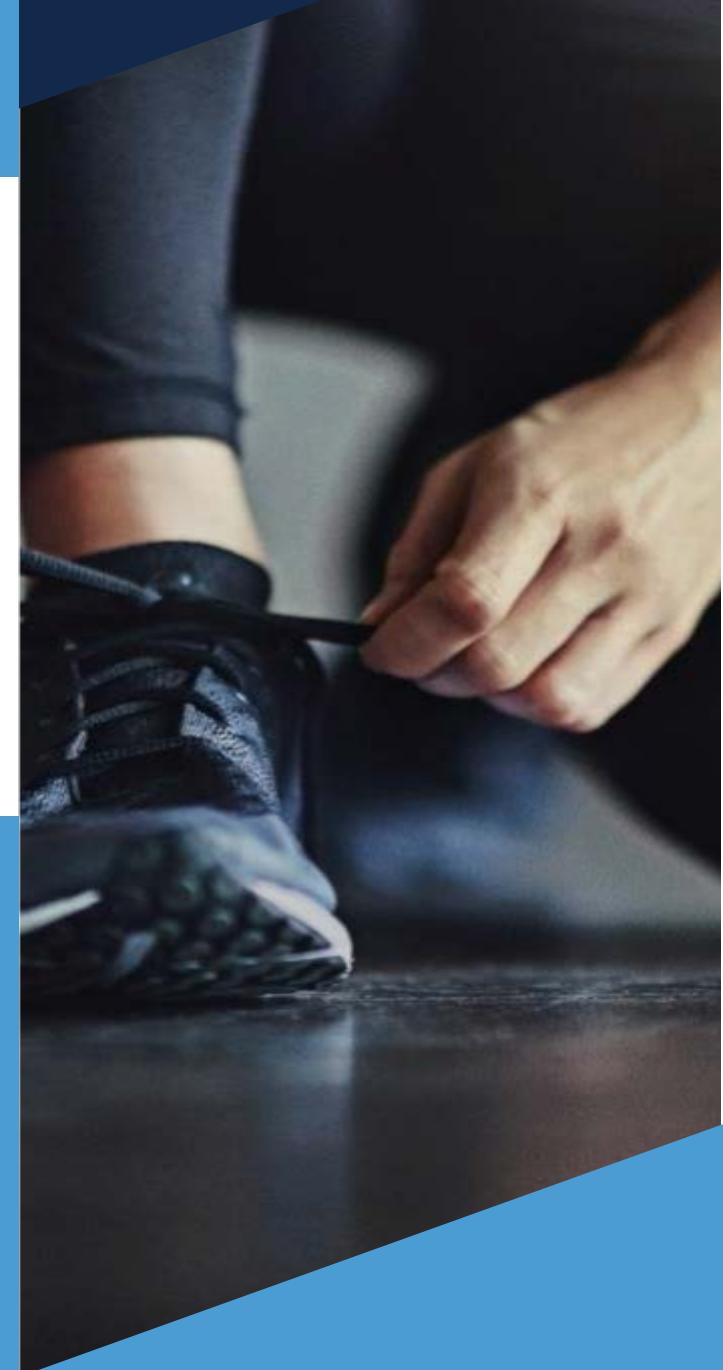
NC Healthy Active Living

A flexible Health & Wellness
Coaching program for clients
receiving services at a North
Carolina First Episode
Psychosis clinic.



A Health Coach is a partner who
gives ongoing support and
collaboration to help you make
self-driven, lasting changes to
improve your health.

NC HeAL is Sponsored by a grant
to EPI-NC from NC SAMHSA



NC HEAL

Health is a journey, not a destination



IT'S FREE.



NC HeAL Program is committed to helping you achieve your health and wellness goals. You direct your goals. We assist you in creating a plan and helping you along the way.

Coaching services are virtual

Anyone on your clinical team can refer you to the NC HeAL coach.

HOW WE CAN HELP

Learn about healthy & affordable nutrition

Create a smoking cessation plan

Increase movement & activity in your day

Sleep better

Manage your stress level

Address medication related weight gain

EMPOWERING YOU TO IMPROVE YOUR OWN HEALTH.

Health coaches do not replace your current health-care team. Coaches do not provide therapy or give clinical advice.



It's never too early or too late to work towards being the healthiest you!